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Wednesday, February 3, 2016

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page 4 to
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Good Samaritan held at knifepoint

A "VOLATILE" guest threatened to cut the throat of a Good Samaritan who had given him shelter at his home in a bid to help him overcome his problems.

Phillip Emery, 39, lived in a bungalow on the property of a man who had offered him accommodation in a desire to "give something back to society".

Last summer, Emery, subjected his benefactor, as well as two other men living in the next property, to a terrifying ordeal that included holding a knife to the home-owner's throat and threatening to kill him.

Emery, of Fordham Road in Newmarket, appeared at Cam-

JOSH THOMAS
[@JoshThomasCN](https://twitter.com/JoshThomasCN)

bridge Crown Court, where he was found guilty of one count of blackmail, one count of affray, three counts of theft and one count of causing criminal damage. The jury acquitted him of a second count of affray and another of theft.

In a statement, Emery's victim said: "Phillip Emery came to live with me on and off. We had a friendship and it was nice for me to give something back to society by helping him. He became more volatile as time went on. One

minute he was great and the next he was violent.

"If he doesn't get his own way, he can be very threatening. In July, he jumped on me and held a knife to my throat. I kept very still. I was very upset.

"He told me to get on my knees and I froze. I didn't like to think about what could happen. I was aghast at the whole thing."

The victim said that, while Emery had lived at the property, police had been called a total of 49 times.

"The jury must think I'm an idiot," the victim added. "I just thought I was helping someone."

Another witness, who lived in

the house at the time, said Emery – who was not represented in court and who had refused to attend either in person or via video-link – had taken a dislike to him and a second man who had taken up residence in the house. He said Emery seemed to have 24-hour access to both their house and the bungalow he was living in.

"It was very uncomfortable living there," he said. "When we moved in, he was quite charming but he snapped. He became a crazed maniac. He was alleg-

Continued on page 5

COMPETITION

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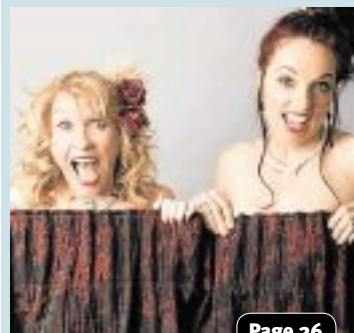
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**National Stud closes
amid herpes virus**



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the guide



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An unbearable night in Stetchworth ...

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Busted reunite for racecourse gig

BUSTED are returning for 2016 – and will be performing at Newmarket Nights this summer.

The trio are back for a reunion for the first time in 12 years as Matt Willis, Charlie Simpson and James Bourne play all of their early 2000 hits.

Playing their well-known songs including *What I Go To School For*, *Crashed The Wedding*, *Air Hostess* and *Year 3000*, Busted will be taking to the stage for Newmarket Nights at The July Course on July 22.

The band said: "We're really looking forward to

putting on an awesome show at Newmarket this summer."

They join Little Mix, The Corrs and Will Young as some of those already announced.

Tickets go on sale this Friday, February 5.

Go to thejockeyclublive.co.uk.

CRIME

Carer took £50 from woman with dementia

A CARER who stole from a dementia sufferer was caught on camera, a court has heard.

Caroline Castle-Read, 46, was twice seen looking into the bag of the woman she was employed to look after.

On Friday, Ipswich Crown Court heard how Castle-Read, of St David, Newmarket, had pleaded guilty to theft from Hazel Rowlands between April 19 and 25, 2014.

Prosecuting, Adam Butler said the family of Mrs Rowlands had installed a camera system in her home to help ensure her safety.

It was that system which resulted in Castle-Read being caught when £50 in cash went missing.

When reviewed, images

COURT REPORTER

@Newmarket_News

showed Castle-Read looking into the handbag on April 21 and then one minute later moving it to a chair. Images also revealed her looking inside the bag as it hung from the same chair on April 25.

Mr Butler said Castle-Read was interviewed in June 2014 and denied taking money without permission. Castle-Read said she had been told to take £20 to buy cat food and that must have been what she had been seen doing.

Initially Castle-Read denied theft but later changed her plea to guilty, the court heard.

Appearing for Castle-Read, Philip Farr said it was accepted that the offence had been a high breach of trust because of the position she had been in and the person she had been paid to care for.

Mr Farr said: "Although it is a breach of trust it is a low value and there is some degree of opportunism. This is not a person who is inherently dishonest."

Sentencing her, Judge John Devaux told Castle-Read: "You were employed to look after people and not steal from them. This was a particularly vulnerable victim who has since died."

Castle-Read was sentenced to 12 weeks imprisonment suspended for 18 months and ordered to pay £1,200 prosecution costs.

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If we have published anything that is factually inaccurate, please contact the editor, Wendy Davey on (01353) 667916, via email at wendy.davey@cambridge-news.co.uk or post to: The Editor, Newmarket News, Winslip Road, Milton, Cambridge, CB24 6BQ and, once verified, we will correct it as soon as possible.

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HEALTH

Case of herpes virus closes National Stud

THE National Stud in Newmarket has been forced to close to the public after a case of the herpes virus was found on site.

The neurological herpes virus was found in a maiden filly in the Health Isolation Unit at the stud, next to the July Racecourse.

The filly had arrived from overseas on January 20 and is fully vaccinated.

In a statement, a spokesperson for The National Stud said: "We are observing the requirements of the Codes Of Practice and the main stud has now been closed on a precautionary basis.

"It is hoped that breeding activity can be resumed at the start of the covering season.

"We look forward to commencing our tours in due course."

The stud, as well as its coffee shop, has been closed for tours, until further notice.

British Equine Veterinary Association President Mark Bowen said: "The herpes virus is a relatively common virus in racehorses.

"But when it affects breeding horses it can lead to abortion in large numbers so it can lead to large financial losses in the racing industry. It's a particular strain of the herpes virus that goes on to lead to abortions.

"It's spread largely by direct contact through horse to horse so it's something that can be



relatively controlled. There is also a form which can effect the nervous system. When that happens the horses are unable to stand and it can be fatal but we don't tend to

see this strain in the UK."

The horse is thought to have contracted the EHV-1 strand of the virus, which has a 60 to 70 per cent rate of survival.

CLOSED: The National Stud has been closed to the public after a filly was found to have the herpes virus



COMMUNITY

Learn to play an instrument

AN event to help people learn how to play an instrument has been relaunched in Exning.

The Music Builds Communities event has restarted – and has been more popular than ever before.

The first event was held on January 16, and over the next two weekends, 44 people got involved, including 22 adults, six teenagers, and 16 younger children.

Classes so far include ukele lessons, guitar lessons and fife lessons, which is a high pitched flute.

Playing the fife can lead on to playing the flute.

Clive Hook, chairman of Music Builds Communities, said: "We've been overwhelmed by the response and have had 25 people learning from scratch.

"It's great to see several families with mum, dad and the children learning together."

Music Builds Communities is based in Exning Community Hall and runs on Saturdays.

For more information or for details of new sessions, go to musicbuildscommunities.org or contact John Saville on 01638 604246.

Alternatively, email info@musicbuildscommunities.org.

SAFETY

Parked HGVs 'are a hazard'

NATALIE ROBINSON
@NatalieR_CN

LORRIES parking on a road in Newmarket are creating a hazardous situation for other drivers and for racehorses and their riders.

That is the view of residents from Heathcoate Place, on Old Station Road, who have written to the county council to complain about HGVs parking opposite their homes.

They say the lorries make a lot of noise, make it difficult for them to drive out of their drives, and block drivers' view of horses crossing the road.

One resident, who signed the letter but did not want to be named, said: "They arrive late at night and leave in the morning most days.

"The horses cross the road from the horsewalk to their yards but when lorries are parked on one side of the road, cars can't see the horses.

"It's an accident waiting to happen."



PARKING: Lorries have been parking on the Gallops side of Old Station Road which residents say is a hazard

The residents have written a letter to Suffolk County Council asking them to address the problem.

A spokesman for Suffolk County Council said they were looking into it.

He said: "This is the start of the process. It is very early stages and we are waiting for official confirmation from the town council.

"If we hear back from the town council with support, we would look at trying to find a solution."

At Monday's meeting, the town council voted in support of Suffolk County Council carrying out a survey into HGV parking.

They also requested the council finds somewhere that HGVs could park to

avoid the problem just moving elsewhere.

Cllr Michael Jefferys said Old Station Road was not an appropriate place to have HGVs parking but it was a "problem across Newmarket".

Cllr Dave Hudson told the *News*: "Parking is a problem – an almost unsolvable problem. But if you stop parking in one place you move the problem around.

"Suffolk County Council have got to look at that when they do their consultation."



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NEWMARKET
REVIEWS

COMPETITION

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Ladies fashion retailer Bonmarché will be opening their newest store at 84-86 High Street, Newmarket next Thursday (11th February).

To celebrate this fantastic new opening they are offering one lucky lady the chance to win £100 worth of vouchers to spend at the store and join the Bonmarché Newmarket team to officially open the store at 9.30am on 11th February.

For your chance to win, simply tell us which British Designer has an exclusive collection with Bonmarché?

Send your answers along with your name, telephone number and dress size to **lets-talk@bonmarche.co.uk** to arrive no later than noon on 9th February 2016.

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Sam takes the X Factor to Academy students

A FORMER *X Factor* contestant visited students at Newmarket Academy for an exclusive performance as he spread an anti-cyberbullying message.

Sam Callahan appeared on *X Factor* in 2013, getting down to the final seven.

He entertained Year 7 and 8 students in two assemblies at the Academy, performing

songs from his new EP, *Bigger Things*, which is now available with all proceeds going to the Teenage Cancer Trust.

Nick Froy, head of the school, said: "Sam delivered a very engaging performance while delivering a valuable and clear message to our students."



X FACTOR: Students enjoyed their visit from Sam Callahan last week

Pictures: Richard Patterson

INQUEST

Death in custody: Man swallowed cocaine – inquest

A MAN who died while in police custody in Bury St Edmunds after being arrested in Newmarket told a sergeant he had swallowed cocaine, an inquest heard.

Lee Sparks, 29, of Cannon Street in Bury St Edmunds, died at West Suffolk Hospital on Christmas Eve.

An inquest into his death was opened and adjourned last Wednesday in Bury St Edmunds.

Coroner Dr Peter Dean said: "Mr Sparks had been arrested for shoplifting.

"At the time of his arrest it is alleged a small round object was seen in his pocket.

"He was restrained and handcuffed and the object

HANNAH MIRSKY AND
NATALIE ROBINSON

was not found.

"He was, according to the initial report, seen to cough and choke.

"When asked if he had something in his mouth he said no. Later, he became unwell and when asked by the sergeant if he had swallowed something, he said he had swallowed some cocaine."

The inquest was adjourned for further toxicology reports to be carried out.

After his arrest, Mr Sparks was taken to Bury St Ed-

munds Police Investigation Centre but became "unwell" shortly after he arrived at about 6.45pm.

He was taken to West Suffolk Hospital at about 7.20pm and died at 9.40pm.

The IPCC have opened an investigation into his death, as is mandatory when someone dies in police custody.

They have asked to hear from anyone who witnessed Mr Sparks' interaction with Tesco staff before the police arrived and his subsequent arrest outside the store at about 6pm.

Call the IPCC on 0800 096 9075 if you have any information to help the investigation.

POLITICS

On the campaign trail, with man's best friend



WALKIES FOR VOTES: Clockwise, from left: Tim Huggan, Robin Millar, Andrew Appleby, Roger Dicker and Michael Jefferys

CANDIDATES in a by-election for the Newmarket and Red Lodge area on the County Council have been out canvassing for votes... in some cases with their dogs by their side.

The by-election, to replace Lisa Chambers who resigned last year, will be held on February 18.

Candidates standing are Robin Millar for the Conservatives; Michael Jefferys for Labour; Roger Dicker for Ukip; Andrew Appleby for the West Suffolk Independents; and Tim Huggan for the Liberal Democrats.

Tim Huggan was a district councillor until last year.

If elected, he wants to push for improvements to education and traffic. He said with new housing plans, the area faced "gridlock".

He added: "We waited 10 years for a new school at Red Lodge which was then underfunded and too small.

"We have waited an eternity for the A14/A142 junctions which makes it increasingly dangerous at rush hour. A half-hourly rail service from Newmarket is needed to limit road traffic growth."

Roger Dicker, who was

NATALIE ROBINSON
@NatalieR_CN

also a district councillor and runs Kentford Post Office, believes Newmarket and villages "deserve much better".

He said: "Our roads are potholed, schools are overcrowded, bus services and vital community transport is being axed.

"We are going to be made to pay more to use our local town and now a further tax to use our brown bins.

"If elected I plan to engage with all relevant parties to try and stem this complete financial mismanagement."

Michael Jefferys is a Newmarket town councillor.

He says his concerns are cuts to the fire service and lack of recycling facilities.

He said: "The waste recycling centre has been closed and now the district council are making it difficult for people to recycle their garden waste. I will fight to stop these cuts and the services being taken away."

Andrew Appleby, also a town and district councillor, would look at education, housing and highways.

He said: "The underinvest-

ment in infrastructure in our area should not be allowed to continue.

"We can't just keep building houses where they are not wanted and neglect to upgrade the surrounding infrastructure."

Finally, Robin Millar, deputy leader of Forest Heath District Council, will be focussing on growth if he is elected.

He said: "One of the biggest challenges facing the area now is growth. People will know how important I consider families are and parishes know the work I have done with them over the last few years.

"I will make sure that growth does not swamp our villages, and that it comes with investment in school places, roads and the services that we need.

"I will make a difference for residents. For example, I set up the Let's Read! programme in Newmarket which now puts 70 volunteers every week into six local schools to help children improve their reading skills."

■ Polling stations will open on Thursday, February 18 between 7am and 10pm.

TRANSPORT

Official opening for rail station

NEWMARKET's improved train station is set to officially open this Friday.

The station has undergone a number of improvements in recent months.

These include a replacement of all signs at the station which now

promote the town's heritage with the slogan "Newmarket – Home of Horse Racing".

The station also has an LED Customer Service screen to provide people with information.

There are also new wooden benches, waiting

shelter and cycle shelter.

The work has been done thanks to Abellio Greater Anglia, Newmarket Racecourses, Jockey Club Estates, Tattersalls, Suffolk County Council and Suffolk Area of Outstanding Natural Beauty.

COURT

Guest held knife to man's throat

Continued from front page

ing I was a con-man trying to take advantage of [the benefactor] but that is, in fact, more like his own relationship with him."

Emery also subjected his neighbours and the owner of the property to a prolonged period of blackmail during which he would demand money and threaten a range of consequences from fire-bombing the house to people coming to kill them if they did not comply.

"I was worried," said the owner. "I treated the threats seriously."

The jury was also told Emery had crept into one of his neighbours' bedrooms as he slept and held a knife against his throat, telling him he had three days to move out. Emery was found not guilty of this offence.

The court heard Emery had stolen property, including a laptop computer, from his neighbours.

Emery is due to be sentenced at Cambridge Crown Court and will be remanded in custody until then.



MORE COURT STORIES
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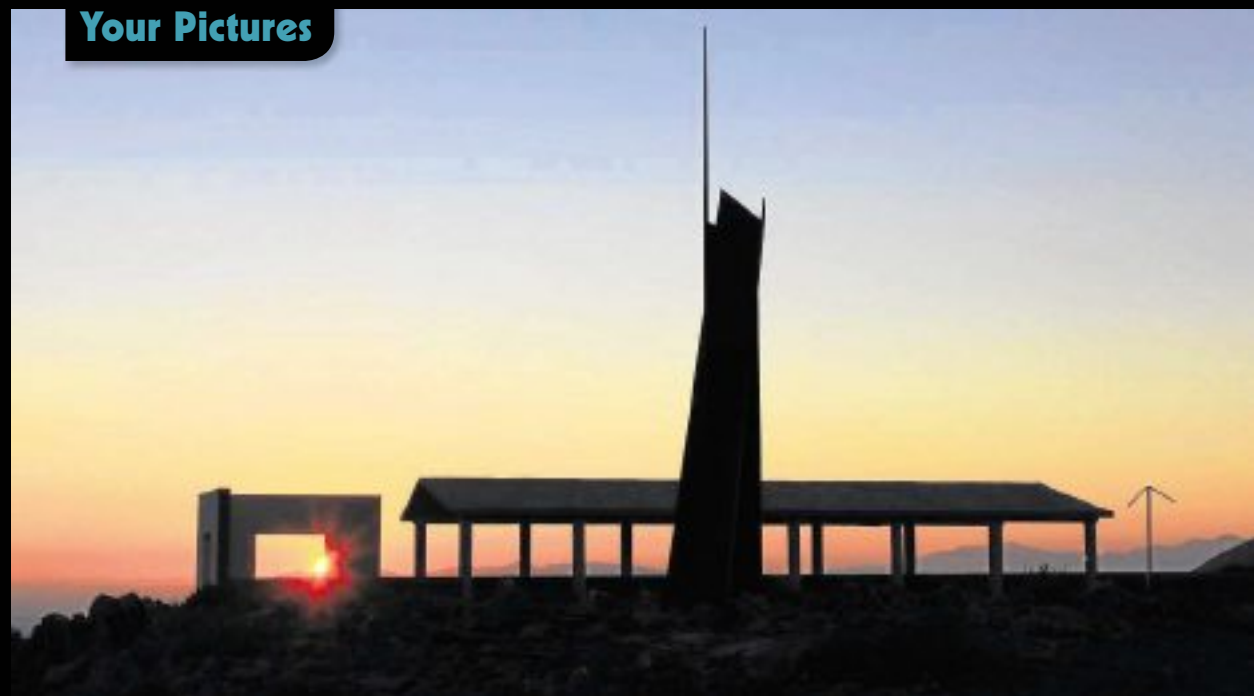
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Your Pictures



EVENING GLOW: The sun sets over the Sierra de las Nieves mountains in Andalusia, southern Spain, in this photo taken by Mrs P Ready of Burwell in November last year

■ Send your pictures in JPEG format marked 'Your View' to picturedesk@cambridge-news.co.uk. Please add your name, address and daytime telephone number, where you took the photo and, if possible, a picture of yourself! We reserve the right to reuse pictures at our discretion.

We'll take our custom away

If disabled drivers are forced to pay car park charges they will take their custom elsewhere: either to another town, or, as is their prerogative, exercise the right to park on the single and double yellow lines of highways.

Consequently, empty off-road parking spaces for the disabled will increase, with the relative increase of congestion on highways and shopping streets.

Newmarket seems to have a large percentage of elderly and disabled who have lots of (slow) time to occupy, and of course it's a rare time for socialising and breaking the monotony of housebound isolation. The amenities of the town make it disability-friendly but, if we had to pay to park for (often frequent) visits, it would become both prohibitive and stressful, adding yet another liability to already much-reduced activity, and consequently, even greater isolation to those who, like myself, rely on the enabling facility of free specialist parking areas.

Name and address withheld

Charges are penny pinching

FHDC are using parking charges in Newmarket as a cash cow but this will dry up when people shop at the out of town supermarkets and other stores and the High Street will be full of empty shops as there can only be so many bookies.

The big name shops in The Guineaes centre will pull out.

When I lived near Southport, Sefton Council did similar and now the once premiere shopping centre is like a ghost town, just empty shops, so of course business rates income is vastly reduced.

We must not destroy Newmarket's well earned reputation by penny pinching.

The councillors who voted in the charges would do better tackling the government about the reduction in the Grant.

Robert Owens
Buntings Path
Burwell

A disgrace to charge disabled

I FEEL it would be a disgrace to charge Blue Badge holders for parking. My father has rheumatoid arthritis in his hands and feet which has an impact on him walking and trying to get coins into machines. By charging Blue Badge holders it will just make the problem worst for off street parking.

Name and address withheld

It's time for me to leave...

REGARDING the changes in parking charges: I find this a disgrace as Newmarket is struggling to keep its shops open due to lack of shoppers, shops are closing all the time.

I personally have to collect my prescription and choose Sunday to do this, as I don't want to pay for two hours parking when all it takes me is

five minutes.

And someone will have to be employed to check on parking tickets, that's another expense. It used to be free in Newmarket, then they brought in charges but gave you the first 30 minutes free, which was great as I only wanted five minutes. I would sooner go to Ely where it is free and the shops and market are so much better than Newmarket. I hope everyone chooses to go to Ely. Greedy councils making the people pay again.

We also have this issue of brown bins and the charge of £40. I for one will not be paying it, or will need mine emptying.

Do we have a choice? Is there an opt out scheme? This council is unbelievable.

I think it's time for me to leave Newmarket as the councils are driving people out.

Vanessa Stafford
King Edward VII Road
Newmarket

Starbucks is not all good news

YOUR report (Newmarket News, January 27) regarding Starbucks opening shortly on Newmarket High Street: Someone is quoted as saying it will generate an improvement to the vitality and viability of the High Street.

Let's get real, it's an improvement as there is one less empty shop but the town, as with most small and medium sized towns, is heaving with restaurants, cafes and coffee shops.

They will just be taking customers off other outlets and the sad part is that it will probably be the small locally operated establishments that

will eventually fall by the wayside.

Laurie Offord
Churchill Avenue
Newmarket

Life in the (very) slow lane

WE have been told that we cannot currently have any broadband, let alone HS broadband. Although the village of Prickwillow has a connection, our particular line has not been upgraded; all we can get, in effect, is dial-up!

Brian Holley
Hon treasurer
Hiam Sports and Social Club
Prickwillow

Europe bows down to Islam

LEO McKinstry (*Daily Express*, January 21) refers to the EU's Foreign Affairs chief, Frederica Mogherini who is "welcoming" the Islamification of Europe.

This is a highly significant statement from a leading EU bureaucrat because it admits to the EU's submission to Islamic rule.

"Islam belongs to Europe," claims Ms Mogherini, thereby making the sort of basic error more associated with Sarah Palin, who once announced that the coast of Russia could be seen from Alaska!

Ms Mogherini needs to be advised, "Islam will never belong to Europe, but Europe nearly already belongs to Islam."

Philip Hodson
New Cheveley Road
Newmarket

HEALTH

GP surgery awarded for helping residents quit smoking

A GP surgery in Newmarket has received an award for its work in encouraging residents to stop smoking.

Orchard House Surgery on Fred Archer Way in Newmarket were recognised at the Stop Smoking

Awards, help by Live Well Suffolk, at Ipswich Town Football Club.

The awards celebrated the achievements of primary care and pharmacy experts from across the county in helping people kick their smoking habits.

The team won the award for most quitters in the small surgery category, helping 250 people give up.

Margaret West, from the surgery, said: "We are particularly proud of this award because it is the

third year running that we have been recognised for stop smoking excellence and the superb work that our practice nurses continue to carry out."

To find out more about giving up, go to livewellsuffolk.org.uk.

Folding music group donates funds

THE sad closure of one group in Burwell has provided two worthy causes with some much needed funding.

Jo Hall helped to run the Burwell Music Circle, a meeting of members who would choose a subject of music from classical to jazz and arrange for an evening of CDs to play to others.

The event used to be very popular, running on the second Friday of every month, but sadly membership began to drop.

£1,187.81 was shared between the Burwell Day Centre, and the Burwell Surgery Equipment Fund.



TO SHARE: Jo Hall donates cash to Burwell Day Centre and Burwell Surgery Equipment Fund. Front, from left: Vic Quy, Betty Prime, Elly Catling, Dr Andrew Wills and Jo Hall. PICTURE: Warren Gunn

CRIME

Masked gang attacked couple in their home and stole cash

FOUR masked men burst into a property in Fordham and assaulted an elderly couple in their 70s before leaving the scene with jewellery and cash.

The harrowing ordeal unfolded at around 6.30pm on Friday night, at a property in Larkhall Road.

Police said it had left the couple "extremely shaken".

The men threatened the occupants before assaulting them and fleeing the scene with jewellery and cash.

The victims received minor injuries as a result of the incident.

"This was a harrowing ordeal for the victims who have been left extremely shaken by the experience," said a police spokesman.

JON VALE
@JionValeCN

"It is vital that the offenders are apprehended as soon as possible and we're appealing for the community's help to identify those responsible."

The incident comes after a pensioner was threatened with a knife before his Fordham home was ransacked by thieves last October.

Three men wearing black bandanas pushed the man, in his 70s, into the house in Market Street, Fordham, after claiming they were from the water board.

They threatened both him and a woman in her 40s who was in the kitchen, demanding cash and the jewellery

they were wearing.

Police are keen to speak to anyone with information on the incident on Friday.

They have asked anyone who may have seen a vehicle entering the A142 (Fordham Bypass) between the Downfields roundabout and the Fordham Road roundabout shortly before 6.45pm on Friday evening to get in touch.

Anyone with information should contact police on 101, call Crimestoppers, anonymously, on 0800 555 111 or go to crimestoppers-uk.org.



MORE LOCAL NEWS
Cambridge-news.co.uk/newmarket

NEWS IN BRIEF

Can you help arrange Women's Prayer Day?

A MEETING will be held on Monday for those interested in helping to arrange the Women's World Day of Prayer.

Anyone interested in participating in the service can come to a planning meeting in Mildenhall Methodist Church on Monday at 10.30am.

For more details, contact Mary Rolfe on 01638 716362.

The prayer day will be held on March 4.

Enjoy a pancake and raise cash for charity

CELEBRATE Shrove Tuesday with a pancake cooked for you in Exning.

Pat's Pancakes will be held on Saturday, February 6 in the Community Church Hall between 12pm and 2pm.

Both savoury and sweet pancakes will be available for you to buy.

All money raised will go to Christian Aid.

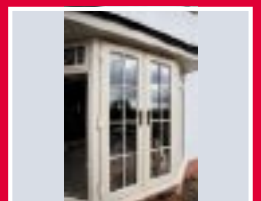
Come along to flower club demonstration

A FLOWER demonstration for Valentine's Day called 'especially for you' will be held next month.

Dullingham Flower Club will be meeting for the demonstration by Gill Tarry on Thursday, February 11 at 8pm.

All are welcome to come along to the meeting at The Taylor Hall in Dullingham. Entry is £5.

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ANIMALS



HELP US: Dr Sally Ricketts, Dr Cathryn Mellersh and Chris Jenkins from the Kennel Club Genetics Centre. The dogs, left to right are: Murphy a Munsterlander, Olé a Papillon and Maisie, a Hungarian Vizsla.

HAVE YOUR SAY
cambridge-news.co.uk/
newmarket or email:
natalie.robinson@
cambridge-news.co.uk

Mapping dogs to help fight disease

NATALIE ROBINSON

@NatalieR_CN

A CHARITY near Newmarket is calling on dog owners to help them raise funds to eradicate diseases in their animals.

The Animal Health Trust (AHT) in Kennett has started the Give a Dog a Genome project.

It aims to sequence the genomes of 50 breeds which can be used to help control and eventually get rid of diseases when dogs are bred.

They are creating the UK's largest canine genome bank, gaining a better understanding of which DNA changes are neutral and which ones have a negative effect on a dog's health.

Dr Cathryn Mellersh, head of the Genetics Centre, said: "The AHT has been making significant improvements to dog health through genetics for over 20 years, but the knowledge we have the potential to gain from this project could very quickly accelerate us forward another 20 years. The DNA tests we develop from our research are incredibly powerful in helping breeders to bet-

ter control, and in time, eradicate inherited diseases from their lines.

"Give a Dog a Genome is the start of something really new and exciting in terms of better understanding the canine genome and optimising how this knowledge can be used to improve dog health, but we need support from individual breeds to do so."

Now, they are asking dog breeders to help them raise cash so that they can double the number of genomes that can be sequenced.

Breeders, owners or clubs are being asked to raise £1,000, which will be matched by the Kennel Club Charitable Trust, so that £2,000 is raised to sequence each genome.

Dr Mellersh added: "Give a Dog a Genome represents an unprecedented initiative to utilise the latest DNA sequencing technology available to the Animal Health Trust to

improve the health of all purebred dogs and countless future generations of dogs, which is why we want this project to have the maximum impact it can.

"We're appealing to breed communities for their help to double the funding we currently have available, and therefore the number of genomes we can sequence in 2016. In return for their donation, the breed will represent one of the 50 genomes sequenced and help to make a significant contribution to the future of canine genetics research."

The initiative will contribute to research into the future and will benefit all breeds – not just those sequenced in the programme.

Science advances like this will "enable breeders to make more informed breeding decisions" to ensure they are "doing all they can to help eliminate inherited conditions in dogs", Aimee Llewellyn, head of health and research at the Kennel Club, said.

For details, go to aht.org.uk/gdg.

EDUCATION

Suffolk presenter sought to Raise the Bar

THE search is on for Suffolk's Ant and Dec as the Raising the Bar awards return for 2016.

A competition has been launched alongside award nominations to find pupils, students, people, places and projects which are 'Raising the Bar' in Suffolk.

Suffolk County Council is now looking for two young people who can co-present the awards ceremony at The Apex in Bury St Edmunds alongside broadcaster Terry Baxter on June 20.

Terry Baxter, Raising the Bar

Awards host and Chief Executive of Inspire Suffolk, said: "We have so many talented young people in the county, and this is a fantastic opportunity for them.

"I'm looking forward to the auditions and working with the winners to showcase just some of the inspiring stories from Suffolk education at the Raising the Bar awards ceremony."

Nominations are also open for people who are Raising the Bar across Suffolk.

Cllr Gordon Jones, cabinet

member for education, skills and children's services, said results in Suffolk were "improving faster than those nationally", giving plenty to celebrate. He said: "The Raising the Bar Awards are an important way of recognising excellence and success in all parts of the country and to use these examples to inspire others."

Nominations can also be made at the website by completing the form by March 24. The deadline for co-presenter auditions is Sunday, February 28. Apply at rtbawards.com.

Family
Announcements

cambridge-news.co.uk/notices

Deaths

MUSK

Josephine

formerly of Fordham and Chippenham

Passed away peacefully on Thursday 14th January 2016, aged 83 years.

A beloved wife to the late Billy.

Funeral service to be held at St Margaret's Church Chippenham on Thursday 4th February at 2.00pm.

Followed by cremation.

Family flowers only please but donations if desired may be made payable to The British Heart Foundation and sent

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RETAIL

Bonmarché latest addition to town

OPENING NEXT WEEK: Bonmarché is opening on the site of the former WH Smith store.



NATALIE ROBINSON
@NatalieR_CN

CLOTHING retailer Bonmarché are the latest company to announce they will be opening in Newmarket.

The women's clothing shop will be opening on the site of the former WH Smith store, next to Boots on the High Street.

The new store will be opening at 9.30am on Thursday, February 11.

The unit was set for a new Tesco Express store but the application was withdrawn last year as part of cost-saving measures by the supermarket giant which saw them shelve a number of new stores around the country.

The shop has been standing empty for more than a year.

A spokeswoman for Bonmarché said: "We are very excited to be opening a new store in Newmarket and bringing the Bonmarché collection there."

The announcement is the latest in a handful of shop openings in New-



NEW NAME: Harry Ramsden's fish and chip shop is moving into the former Central Fish Bar in Market Street

market in the next few weeks.

A new Harry Ramsden's fish and chip shop and restaurant will soon be opening its doors on the site of Central Fish Bar in Market Street.

As reported in the *News* last week, the restaurant opening will provide 15 new full and part time jobs.

And, as already reported, interna-

tional coffee chain Starbucks will be opening in a fortnight's time.

It will be moving into the former Premier Travel store on the High Street, which has also been empty for more than a year.

A decision is still pending as to whether the coffee shop can have some outside tables.

POLICING

Policing precept in council tax set to rise

A COUNCIL tax precept to pay for policing in Suffolk is set to rise by 1.958 per cent.

Police and Crime Commissioner Tim Passmore announced on Friday that taxpayers will be asked to pay just under an extra 7p per week to go towards policing.

Raising the precept will add £830,000 onto the constabulary's budget, which is set to help fund 20 new police officers and three PCSOs.

Mr Passmore said, "Before making the decision to increase the precept I held a public consultation and was reassured that the majority of the people that responded to the survey were prepared to pay a little extra for their police service."

"This extra money will help us to continue to keep you safe and meet some of the financial challenge that we face in the coming financial year."

"Suffolk Constabulary is a low-cost

force and offers good value for money but savings still need to be made."

The price for a Band D property would go from £170.10 a year to £173.34 a year.

Mr Passmore added: "I want to reassure everyone that Suffolk will continue to respond in an emergency and safer neighbourhood teams will continue to operate, supported by the neighbourhood response teams and enhanced investigation teams."

I CRAVE my workout

"Jazzercise keeps me in shape and gives me my mum energy. I crave Jazzercise because it makes me feel rejuvenated and stress free." *Piper, 35*



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8pm-8.45pm
Weds: 7pm-8.30pm
Thurs: 7pm-8pm / 8pm-9pm

Gardiner Memorial Hall,
Burwell
Tues: 7pm-8pm

Red Lodge Millennium
Centre, Lavender Close
Sat: 9.30am-10.30am

Burwell Community Sports
Centre, Buntings Path
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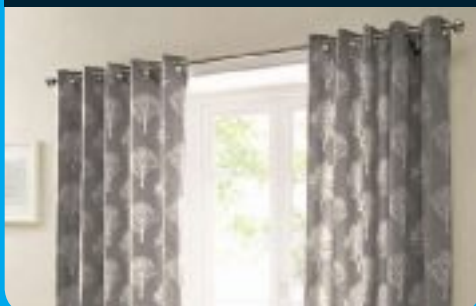
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SALES

First Frankel yearling to sell in New Zealand

NATALIE ROBINSON

@NatalieR_CN

A COLT from Newmarket's Frankel has dominated sales in New Zealand.

The horse, which was the first of Frankel's to go under the hammer in the Southern Hemisphere, was up for auction at the New Zealand Bloodstock National Yearling Sale at Karaka last week.

As the third last lot of the day, many were anticipating a big sale for the yearling.

The colt sold for 1.3 million New Zealand dollars, about £589,997, after a bidding war between three buyers.

A syndicate including Coolmore, the Niarchos family, Sheikh Mohammed bin Khalifa Al Maktoum and Apollo Ng made the winning bid.

Adrian Nicoll, a representative for the Niarchos family, said: "The two best Frankels I have seen have been this horse here and the filly at Goffs that sold for 1.7 million euro."

"He's a lovely horse, he's got immense presence and we started trying to make this happen about



QUALITY: The colt, above, which is the first to go under the hammer in the Southern Hemisphere. Right: Frankel

three days ago."

Andrew Seabrook, managing director of New Zealand Bloodstock, said they were "delighted" with the results.

Frankel's foals and yearlings attracted attention from around the world following the unbeaten horse going out to stud last year.

He now stands at Banstead Manor stud near Newmarket.

Frankel was unbeaten in 14 starts and won almost £3 million in prize money.

However, when his foals were



sold in Newmarket last year, they failed to garner as high bids as were expected.

TV cameras shined on the sales ring with baited breath while the foals went up for auction, but they did not achieve high numbers.

Two sold in Newmarket went for 350,000 guineas and 200,000 guin-

ees, while the third was sold outside the sale for £150,000.

A guinea is worth £1.04.

When others came back as yearlings, the highest price paid was 750,000 guineas.

Others earned prices of 285,000 guineas 190,000 guineas and 280,000 guineas.

NEWS IN BRIEF

Man, 47, missing from Newmarket



MISSING: Javan Tutton

POLICE are appealing for help to trace a man missing from Newmarket.

Javan Tutton, 47, was reported missing to police on the morning of Thursday, January 28.

Javan is a patient at Beech House in Fordham Road, Newmarket. He went missing during a supervised visit to the town centre at about 10.30am on Thursday.

He was last seen in the area of the High Street.

Javan is white, around 6ft tall, of stocky build with mousey, short brown hair. When he was last seen, he was wearing a long green or khaki coloured puffer jacket, a great shirt, blue striped tie, green or khaki coloured trousers and black trainers.

Javan is considered vulnerable and suffers with a mental condition.

Police said they do not believe he poses a risk to the public, but anyone who sees him is asked not to approach him but to call 999.

Anyone with information in relation to where he might be should call police on 101.

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25th February, 7:30pm Tickets: £19.50
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BLOFELD AND BAXTER
13th March, 7.30pm Tickets: £18.50
Blowers and Backers are back with Rogues on the Road - a brand new show crammed full of wonderful reminiscences and anecdotes from two careers spent broadcasting around the globe.

BOO HEWERDINE
18th March, 8pm Tickets: £12.00
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29th April, 8pm.
Tickets: £14 or £5 for The Unwaged
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MORECAMBE & WISE REBOOT
23rd June, 2.30pm Tickets: £10.00
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PiYo! Let's Go!

Emily Martin tries out the new fitness craze that puts pilates and yoga together

PiYo. Doesn't it sound like a cute, little, furry superhero from Japan? The kind that might give you a high five with its little paw and then wink a big, sparkling blue eye at you. "PiYo! To the rescue!" But no, my friends. I've seen PiYo and it's not furry or cute. It's tough and it'll leave you exhausted in a heap on the floor, which is where you find me today. Curled up in a ball, typing this with one hand, while the other prods at my aching hamstrings. Here's what happened when I encountered this new fitness craze. . .

So PiYo is pilates and yoga put together in one cool, new hybrid. It's brought to us by the same people who dreamed up the 'Insanity' workout, but this time it's meant to be kinder and more gentle. Pi plus Yo. See what they did? I love pilates and yoga. And I'm also a big fan of gentleness and being kind, so off I went to Haddenham Social Club where Cambridgeshire's only PiYo class takes place twice a week. "This workout is massive in London," says qualified PiYo instructor Theresa Quarmby, as she ominously opens the double doors in case we all get "too hot" during the class. It was January and a frosty snap had settled hard over the Fens outside. Why would we get too hot in a lovely yoga class? I scanned the room for an atmospheric candle or an incense stick and instead I spotted a huge loudspeaker.

Theresa has a



STRETCH: Emily during the fitness class at Haddenham Social Club Pictures: Richard Patterson

background in teaching weight management exercise classes for the local health authority and when she damaged her knee running a marathon, (ain't that always the way, marathon runners?), she discovered PiYo. "It's low impact," says Theresa, "but you still burn the calories, so it's perfect if you've got an injury." Low impact sounds good, I thought. Aww, PiYo must just be gentle exercises for people who've had accidents.

Bless. I started to relax a bit.

I've done a bit of yoga before. Upward dog, downward dog. Sun salutation. And I'm not too bad actually. So I thought this was going to be quite easy. "Watch this, ladies," I thought as I got ready to show off my skills. However, when Theresa switched on the music it wasn't the soothing Indian chanting I expected but Meghan Trainor's *Lips are Movin'* at full volume. And Theresa didn't say, "Roll your head gently and let the cares of your day float away on a leaf as you breathe

innn, and ouuuu," she shouted: "Come on, let's GO!"

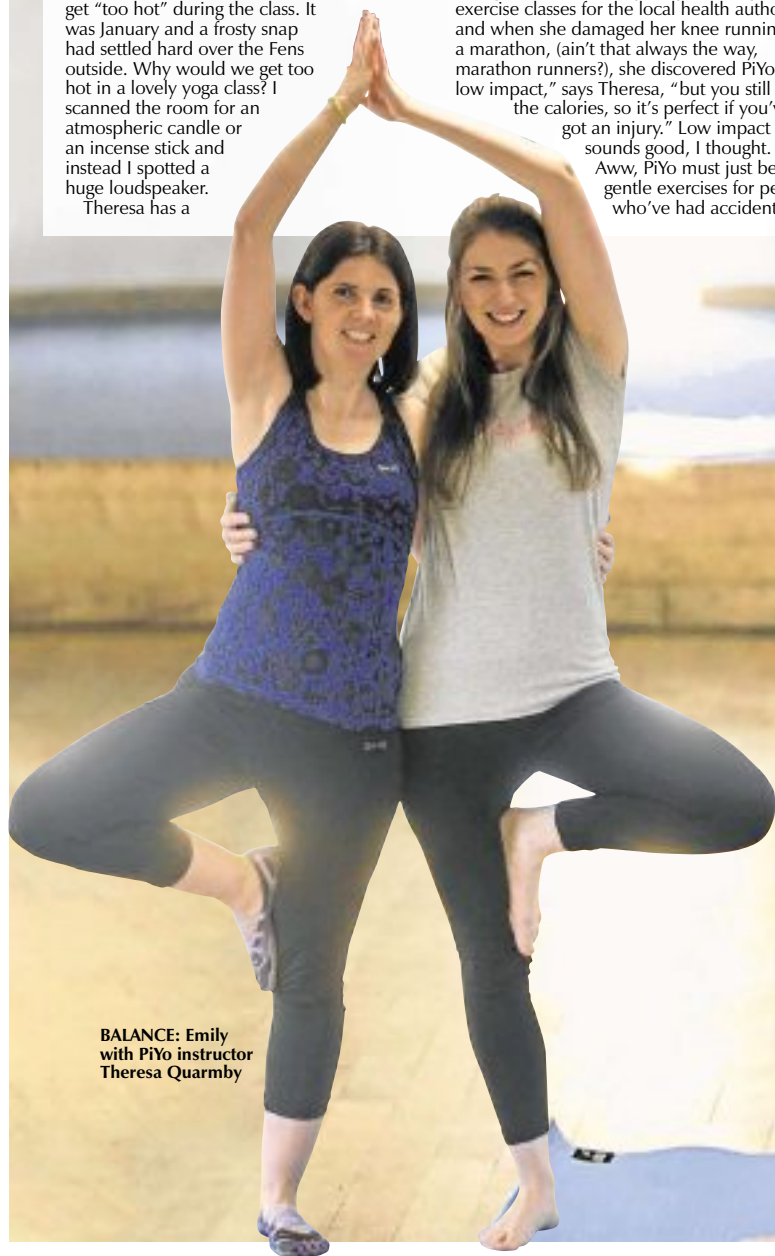
Suffice to say I was in big trouble. PiYo is fast and furious. It's a lot of the yoga poses I know, but faster and repeated more, for longer on each side, so that you feel like your legs would cry tears if they could. There were different sections called things like 'Power' and 'Core'.

I saw spots in front of my eyes and was seriously considering holding up my hands and saying 'You know what Theresa, I'm out'. But inbetween sections, she let us have a drink (kind) and after about 20 minutes I realised this was actually a really good workout. Like really, REALLY good. It was everything I like about yoga and pilates, but incorporating cardio too. A little too much lunging for me, but that's OK.

Before I knew it we had reached the 'cool down' section and I'm not joking when I tell you the song chosen was by Ed Sheeran who started singing 'When your legs don't work like they used to before'. Too right Ed. My legs had completely had it. I'd massively over-lunged. The next day I had to pull myself around the ground floor of my house while sitting on a skateboard.

If you did PiYo every week, it's quite easy to believe you would become strong as a tank. And supple as a noodle for that matter, too. It scores a (carefully considered) 86.9 on my next-day ache-factor scale, but it was fun and not off-puttingly hard. Just hard enough that it felt worthwhile. PiYo! High five!

Actually, ouch. That hurt my arm. . .



BALANCE: Emily with PiYo instructor Theresa Quarmby






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NEWS IN BRIEF

Final weeks to have a say about fire service

A CONSULTATION into Suffolk Fire and Rescue Service is nearing its final weeks – but there is still a chance to submit your comments.

More than 1,500 completed questionnaires have been submitted so far.

View the proposals at suffolk.gov.uk/fireredesign and complete the online questionnaire.

Or call 01473 260457.

Little ones in Soham enjoy PCSOs' visit



PUPILS at The Shade Primary School in Soham enjoyed a visit from two local PCSOs.

PCSOs Mags Harvey and Jonathan Hall met with the Reception class to talk to them about road safety.

The youngsters were also able to get up close to their police car and learn about the importance of the lights and sirens.

BUSINESS

Proposals for new weight lifting gym in Soham



PERSONAL TRAINER: Neil Green is looking to expand Sweat Gymnasium in Soham less than four years after he launched the business.

A SPECIALIST weight lifting gym looks set to open its doors in Soham.

Neil Green, who runs Sweat Gymnasium, in Clay Street, has applied to East Cambridgeshire District Council for planning permission to build the new facilities inside an empty industrial unit beside Sweat.

In a statement to planners, Mr Green's agents said: "The existing industrial unit is now vacant and lies within the development envelope.

"The proposal is to provide Soham with an extended local gym facility which is greatly used and serves the local community.

"The existing building will enable the heavy lifting part of the gym to be relocated into this area from unit 107a.

"Heavy lifting is becoming very popular and requires large areas for equipment and space to use it safely.

"As the unit 107 has been empty for a while, it gives a great opportunity to locate this part next door and give sensible separation from the light weight gym areas in unit 107a."

JORDAN DAY
@JordanDayCN

Mr Green opened Sweat Gymnasium less than four years ago.

His agents said: "The requirement of an extension to this commercial gym serving the local community is something that the applicant is passionate about.

"Since the gym first opened, it has gone from strength to strength.

"The client base is membership only, running from 6am until 9pm.

"Discounts are used to encourage cycling/pedestrian access to the facility and ample space for parking is already provided to the rear of the unit.

"By providing this extension it is felt that traffic movements will be greatly reduced off the A142 both to Ely and to Newmarket when traffic is at its worst. This can only be a good thing for the area."

A decision is expected within eight weeks. To have your say, go to eastcamb.gov.uk and search reference 15/01545/FUL.

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TRANSPORT

Station plans: group launched

A NEW group is being set up to help push forward plans to re-open Soham railway station.

JORDAN DAY
@JordanDayCN

The Soham Railway Station Joint East Cambridgeshire District Council (ECDC)/Cambridgeshire County Council (CCC) Project Group will "receive and share updates on the progress of Soham railway station as the scheme progresses".

Members of ECDC's corporate governance and finance committee approved the formal establishment of the group last week – around the same time that Railfuture East Anglia confirmed its support for the proposals.

The county and district councils have reaffirmed their commitment to developing the business case to bring a railway station back to the town – despite the fact plans to upgrade the Ely North Junction have been postponed.

The authorities say they

are working with Network Rail to take the Soham station project a step forward through what is called the 'GRIP 3' process.

This will involve developing more detailed plans for a station and the services needed to make it viable. It will also look at the levels of investment required to rebuild the station.

Cllr James Palmer, leader of the district council, said: "Soham is growing – creating jobs, encouraging investment and bringing people to live in the area."

"If we are to support this growth in the future we need to deliver the infrastructure which is needed."

"The station project is vital to the town and its hopes of thriving in the future. This is why I am passionate to deliver a piece of infrastructure which I believe will make a huge difference not

just to Soham but to Cambridgeshire as a whole."

It was in December that Network Rail announced that the Ely North Junction will not be upgraded until at least 2019.

The upgrades were due to be finished in the current spending round, which runs until 2019, however Network Rail announced that the work will take place in the next spending period, which runs from 2019 until 2024.

Soham station was destroyed on June 2, 1944, after a consignment of bombs travelling through the town caught fire.

Re-opening the station could provide a direct rail link to Ely, Cambridge, Peterborough, Bury St Edmunds and Ipswich.



HAVE YOUR SAY
cambridge-news.co.uk/
newmarket
or email: natalie.
robinson@cambridge-
news.co.uk



ON TO ROUND TWO: Newmarket Academy students won the first round of the Spelling Bee and will now be going on to compete in a foreign language

Students take crown in Spelling Bee competition

CLEVER students from Newmarket Academy have come top in a Spelling Bee competition – and now they're moving on to give foreign languages a go.

The Year Seven students won the interactive competition and will now be going on to improve their vocabulary, spelling and memory skills in either French or Spanish.

The project aims to get pupils practising their skills outside of the classroom and enhance the motivation of language learners to help them achieve their potential, the school said.

Winners of the second stage of the competition will go on to represent Newmarket Academy at the regional final to be held in Cambridge next term.



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SOHAM

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5.30pm & 7.30pm
Tel: Diane
01353 723381

WICKHAMBROOK

Memorial Social Centre
@ 7.30pm
Tel. Jo
07724 611311

TUESDAY LITTLEPORT

Leisure Centre, Camel Road
@ 9.30am, 11.30am,
6.00pm & 7.30pm
Tel. Sharon 01353 861499

WATERBEACH

Tillage Hall
Cambridge Road
5.30pm & 7.30pm
Tel. Jo 07790 660709

NEWMARKET

Studlands Park
Sport & Social Club, @ 9.30am
Tel. Sarah 01638 604947

ELY

Larkfields Resource Centre,
High Barns, Ely
@ 5.30pm & 7.30pm
Tel. Karen 01353 661771

NEWMARKET

Ditton Lodge First School
St Johns Avenue
@ 5.45pm & 7.45pm
Tel. Sarah 01638 604947

WEDNESDAY ELY

Beet Sport + Social Club
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NEWMARKET

The Rutland Arms Hotel
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Tel. Natalie 07801 507388

SOHAM

Weatheralls Primary School
Pratt Street, Soham
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Tel. Amanda 07563 544708

THURSDAY NEWMARKET

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12noon,
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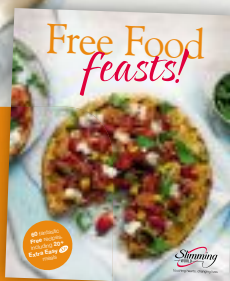
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NEWS IN BRIEF

Newmarket venue in the shortlist for award

A WEDDING venue in Newmarket has been shortlisted in the UK Wedding Awards for 2016.

The Jockey Club Rooms in Newmarket, a private members club at the heart of horse racing, is one of six venues from the region which has been shortlisted in the awards.

Hitched, Perfect Wedding, and You and Your Wedding got together to recognise the best in the UK bridal industry – and now the categories are open to vote on.

The three brands said they had had an “overwhelming response” to their inaugural awards.

Now, votes are needed to get them to the top of the table.

To vote for The Jockey Club Rooms or to see other nominations, go to hitched.co.uk/awards.

Lorry and a car cause traffic delays on A14

THE A14 was plagued with delays last Wednesday after a lorry and a car collided.

Police were called to junction 37 of the A14 at 6.36am on Wednesday morning to reports of a broken down HGV.

They were then called again at 6.53am to reports of a two-vehicle collision with a lorry and a car at the same junction.

A male in his thirties was treated for neck pain but had no further injuries, so was discharged at the scene.

Delays remained in the area for the morning.

CRIME

Police say force will take into account base homes



INFORMING RESIDENTS: Chief Constable Gareth Wilson and Police and Crime Commissioner Tim Passmore answered questions

POLICING in Mildenhall could be one area which is addressed by the police after it was announced the USAF base could take up to 4,000 homes.

Suffolk's Police and Crime Commissioner, Tim Passmore, and Chief Constable Gareth Wilson took part in a web chat with local residents last Thursday where they answered concerns and queries. Questions could be asked anonymously and on any policing issue.

Cons Wilson said: “We have made a lot of announcements in recent months about our financial position, the demand we are facing and the changes we are making to our services.”

One of these was a concern about policing measures in the town if the new homes are built.

The commenter asked: “I understand that the Government may be about to approve plans for 4,000 houses on the soon to be closed Mildenhall airbase and I gather there may be another 500 or so houses set to be built at Erisswell near Lakenheath.

“Will the local stations at Brandond and Mildenhall get extra

NATALIE ROBINSON
@NatalieR_CN

staff to deal with the increase?”

Mr Passmore said that “major changes” in the demographic of towns “will certainly be taken into account when deploying police resources”.

The Government is not giving permission, but is releasing part of the site for housing.

Cons Wilson also said the force would be lifting the freeze on police officer recruitment which has been in place for the past two years. He said they would be looking to recruit about 100 people over the next year.

Cons Wilson added: “We are working hard with our partners in Suffolk to ensure we can become more representative of our communities through this process.”

Mr Passmore said that the force was currently proposing a 1.958 per cent increase in their council tax precept to pay for 30 new officers next year.

To read the chat, go to suffolk.police.uk and click CC & PCC chat.

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Be My Valentine

How to make it *really* special

ROMANCE is dead! Long live romance!

Most of us probably feel we should do something to mark the date and usually that involves visiting a restaurant. If you're tired of the same old same old, why not indulge or revive a little romantic feeling with your significant others and try something else.

If you are running out of romantic steam or just need a bit of a push to organise that special something, here are a few ideas to get you started. None of them involve candles, setting the table or cooking – you don't even need to do them on Valentine's Day. But they do require you to get off the sofa and out of the comfort zone of your usual habits.

Bring the box set to life

If "quality time" with your loved one comprises parking your posteriors on the sofa and watching some fab drama (hey, we're not knocking it – it doesn't require a babysitter and can stimulate conversation which doesn't revolve around your offspring), bring it all to real life by going to see some fab actors live.

Loved Damian Lewis in *Home-land* or *Wolf Hall*? Grab some tickets to see him in 3D at Wyndham's Theatre in American Buffalo. Or how about Nordic Noir star Carsten Bjørnlund as tortured, sexy-yet-vulnerable Frederick in *The Legacy*? He is currently starring in Danish language version of *Noises Off* by Michael Frayn in *Copenhagen*. A mini-break and some

crazy physical theatre.

What's not to like?

Recreate your first date

Try a little secrecy here if it's somewhere you haven't been in a while, to add a surprise element. Obviously if you're older you may need to check your venue still exists. If your date was at The Cross at King's Cross on a Sunday morning, or The Astoria you may need to change your plans...

Spend all day saying nice things to your partner

Tell them why you love them, why you're so good together and go through a greatest hits compilation of the fun memories you have. This doesn't require leaving the house but it may require a significant shift

in your conversation. It's all about the "I love it when ..." rather than the hum drum of running around after the children or putting the bins out. Better still, try to spend 24 hours without mentioning the children.

Spend 24 hours without having a conversation about the children

You're probably thinking: "What, I can't mention/remind my other half that eldest child needs clean football boots and youngest needs a water bottle and snack in her bag ... or that don't forget we were going to help with XYZ for one of them?" There are endless topics that you can address other than the children, although probably best to steer clear of politics and religion, as we're looking for that romantic spark.



GO ON: Have fun, think outside the box

Leave the house together, alone, for a few hours

This requires babysitting so don't obsess about it being on Valentine's Night. Just get a babysitter that you trust and head off for some time out together. It doesn't even need to be an evening. Better still, have an afternoon out together as you won't be tired or need to book anything special. Just go to the pub for lunch and a walk afterwards. If you do, just remember number 4. *No conversations about the children!*



White Pheasant

Valentine's Weekend 6 Course Champagne Taster Menu





Available Friday 12th, Saturday 13th & Sunday 14th February.
Evening Dinner Service

£59.95 Per Person
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Valentine's Menu

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Starters	Mains	Desserts
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You needn't wait until Valentine's Day to pay this place a visit either. Make sure not to miss the fabu-



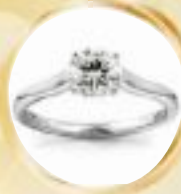
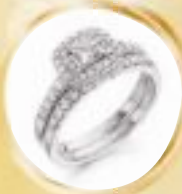
lous Carvery on Monday-Friday 12 noon-2pm and Sunday at 12 noon-7pm. Plus all celebrations can be catered for including private dining and events.

To celebrate this Valentine's Day, Heath Court Hotel is offering one lucky

couple the chance to win a romantic dinner for two in the recently refurbished and beautiful restaurant. To be in with a chance of winning please send your name and contact details to louise.cohen@cambridge-news.co.uk. Best of luck!

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A special ring is an understatement when it comes to engagement rings. If you are considering popping the big question please talk to us about finding the perfect engagement ring for your future fiancée, we can provide a wide choice of options, including our bespoke design service for engagement rings in Ely and Newmarket.





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CLW

Valentines Menu Friday 12th & Saturday 13th February 2016

£34.95 per person including a glass of Champagne on arrival

STARTERS

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MAIN COURSES

Rack of Lamb Daphinoise Potatoes, Sticky Port Sauce	Oven Roasted Duck Breast with Blackberry Sauce Sautéed Potatoes, Buttered Carrots	Grilled Sea Bass Steamed Mussels, Leek and Bacon Broth	Spinach and Ricotta Ravioli Sundried Tomatoes and Pesto
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DESSERTS

White Chocolate Mousse Caramel Sauce	Chocolate Coconut Banoffee Pie Ice Cream	Strawberry Panna Cotta Short Bread	Pear and Chocolate Pudding Ice Cream
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CLUB

Be My Valentine

Hello, is it you I'm looking for?

SHE'S shown the nation how to make money from houses in a string of property programmes, runs her own online estate agent and is mum to four kids.

Sarah Beeny has also somehow found the time to renovate her East Yorkshire home, Rise Hall, to transform it into a luxury wedding venue.

And if you'd love to get married there but haven't found the one, she's got the answer too.

The presenter launched a dating site in 2004 on the back of her enjoyment of match-making among her friends.

It aims to solve dating dilemmas by allowing single people to post a profile of themselves written by their friends.

The idea is to offer a more natural way for people to meet through those that know them best rather



HEARTY: You'll never know till you've tried!

than having to awkwardly sell themselves through selfies and mini-autobiographies.

It seems to be working as the team at mysinglefriend.com say they hear of success stories, including marriage and children, daily.

So as Valentine's Day approaches, we asked Sarah for her top tips on

playing the dating game.

Sarah said: "Some single people are filled with dread at the thought of Valentine's Day, but luckily it seems we are a nation of budding wingmen and women devoted to getting our fabulous friends a date for February 14.

"However, remember it is just another day so people shouldn't put too much pressure on getting a date for the big day.

"No hot date lined up? Hit the town with your best friends and have a blast."

1. Got a date? Dress well

Putting a little effort into your style won't go unnoticed.

2. Don't be tempted to stay in

Make sure you're not hiding away in the corner or lingering by the buffet all evening – be approachable.

3. Be proactive

If you do decide to stay at home, why not update your dating profile? .

4. Get a little help from your friends

Since mysinglefriend.com is all about involving your friends, we allow your friends to recommend people to you they think you should be dating.

5. Mix it up

Try dating someone who is not your usual type. Usually go for sporty guys, try dating a creative type. Like blondes? Bag a brunette. You might surprise yourself!

6. Turn up the heat

A little bit of harmless flirting is good for the soul, so have fun. If you've been chatting to someone for a while, bite the bullet and ask them for a date.

7. Think sweetness and light

Compliment your date; a little bit of flattery will go a long way. Focus on

a particular feature to make it more personal. Just keep it clean, folks!

8. Experiment

When it comes to dating, variety is key. Don't stick the same bar or restaurant. Try something a little more adventurous to make your date really fly. Explore the city on bikes, or go rock climbing?

9. If at first you don't succeed, try, try, try again

So your date was a disaster? Don't give up! There's plenty more fish in the sea. Dissecting a hilariously bad date with a friend over a glass of wine could be the most fun you'll ever have.

10. Get stuck in...

The dating world can seem a little bit daunting. But there is nothing to be scared of. Once you get going, you'll wonder what you were ever worrying about.

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Be My Valentine

The Guineas has the ideal recipe for Valentine's delight

THEY say that the way to a man's heart is through his stomach. Well, that's the way to woman's heart too, gents.

If you're stuck for an idea for what to cook that special someone this Valentine's Day then try this delicious recipe for baked dijon salmon.

He or she won't be able to resist you...

Baked Dijon Salmon

- 1/4 cup butter, melted
 - 3 tablespoons Dijon mustard
 - 1 1/2 tablespoons honey
 - 1/4 cup dry bread crumbs
 - 1/4 cup finely chopped pecans
 - 4 teaspoons chopped fresh parsley
 - 4 (4 ounce) fillets salmon
- salt and pepper to taste
1 lemon, for garnish

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
3. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with



BAKED DIJON SALMON: Irresistible on so many levels....

the bread crumb mixture.

4. Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season

with salt and pepper, and garnish with a wedge of lemon.

This recipe is supplied by Fish, 19 The Guineas, Newmarket.



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the guide

Pulling the strings

THE Norwich Puppet Theatre are bringing Thumbelina to Ely.

The magical show is being held at the Babylon Gallery on Wednesday, February 17 at 11am.

A spokeswoman for the gallery said: "Using traditional glove, rod and shadow puppets performed by Joy Haynes, this is an excellent introduction to the magic of theatre."

Tickets are £7 for adults, £6 for concessions and £5 for Babylon ARTS members. For tickets, call (01353) 616991 or pop into either Burrows Bookshop or the Babylon Gallery.



the guide

Leisure or events news? Email natalie.robinson@cambridge-news.co.uk phone (01223) 434292

ROUND UP

COMEDY

Round up your pals, get in the beers/nibbles and prepare for a right laugh at Cambridge's number one comedy club. Jesterlarf Comedy Club takes over the Junction on the first Friday of each month, presenting the very best comedians on the UK's stand-up scene. The perfect anecdote to those dreaded winter blues, this month's line-up is, as ever, packed to the rafters with top-notch talent and includes Charlie Baker, Jen Brister, Pierre Novellie and Matt Rudge. **Jesterlarf Comedy Club, Cambridge Junction, Friday, February 5 at 8.30pm. Tickets £13 from (01223) 511511 / jesterlarf.co.uk**

THEATRE

Cambridge University's renowned Marlowe Society will be sprinkling their magic on Measure for Measure to mark the 400th anniversary of Shakespeare's death. Shakespeare's gripping tale of lust and repression is set in Vienna at the dawn of the 20th Century. By day, a city of coffee shops and smart society. By night, a hotbed of sex and fevered dreams. The government decides it is time to wage war on vice. But nobody – not even the puritanical new ruler, Angelo – is immune to temptation. Directed by Tom Littler, artistic director of the award-winning Primavera, and starring some of the university's brightest acting talents (Ian McKellen, Tilda Swinton and Derek Jacobi all honed their skills in the Marlowe Society, so you could well be watching future stars), we're expecting something dark, intense and totally gripping. The perfect way to celebrate a true literary genius. **Measure for Measure, Cambridge Arts Theatre, Wednesday, February 10 – Saturday, February 13 at various times. Tickets £15.50-£28 from camartstheatre.com / (01223) 503333.**

COMEDY

Unbearable night in Stetchworth

COME down to Stetchworth for an Unbearable show next month.

Joanna Eden and Leigh McDonald are getting people laughing with The Unbearable Pleasure of Being a Woman. In what is described as an "oestrogen-driven, emotional rollercoaster ride", the pair will be performing songs about subjects ranging "from pigtails to puberty, stilettos to strollers, and marriage to messing-it-up".

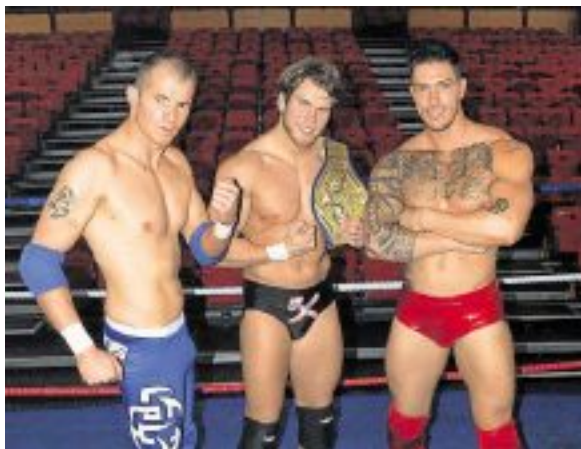
The show will be performed at The Ellesmere Centre in Stetchworth on Friday, February 12.

It will start at 8pm. Tickets are £12.50 and can be bought from the box office on 01638 508212.



READY FOR A SINGALONG: Joanna Eden and Leigh McDonald are coming to Stetchworth

WRESTLING



Wrestling extravaganza at The Brook for all the family

WRESTLERS from the US will be taking to the ring in Soham.

A wrestling half-term extravaganza is being held at The Brook on Monday, February 15.

A spokeswoman for The Brook said: "Britain's top promoters are coming to Soham with an explosive night of top action bringing a host of top American wrestling stars to the ring to face the very best of home grown talent and fans' favourites in a two hour rip roaring entertainment for all the family to enjoy."

The show, which is suitable for

the whole family, starts at 7.30pm, although doors open at 7pm.

Tickets are £12 for adults, £10 for children and £40 for a family of four.

Call the box office on (01353) 721748 or visit brookentertainment.co.uk.

Family wrestling show at The Brook, Soham, on Monday, February 15. Bell time: 7.30pm, tickets £12 for adults, £10 for children and £40 for a family of four. Call (01353) 721748.

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NEWMARKET
news



Charming Gazeley residence

Feature homes

Cover property – Gazeley: £389,000

THIS charming, deceptively spacious four bedroom single storey residence in Moulton Road, Gazeley, is on the market with a guide price of £389,000.

It has accommodation including a lounge with open fireplace, a kitchen/breakfast room, a bedroom with door to shower room, three further bedrooms, a family bathroom and a separate WC.

Outside there is a well-maintained front garden, a shared driveway with parking for several cars, a detached single garage and a private rear garden with lawn, fruit trees, kitchen garden and paved terrace. Viewing is by prior arrangement with Pocock & Shaw on (01638) 668284.



Isleham: £330,000

THIS individual four bedroom detached bungalow in Kennedy Road, Isleham, is on the market for £330,000.

It has an entrance lobby and entrance hall, a downstairs cloakroom, a sitting room with French doors to the rear garden, a dining room, a modern fitted kitchen and utility room, a bedroom with en suite shower room, two further bedrooms, a fourth bedroom that could also serve as a study, and a family bathroom.

Outside there is a garage, a front garden with gravel driveway and parking area, and enclosed gardens to the rear and side, with lawn, flowers and shrubs, a paved patio, a pergola and a tool shed. For more details contact Cheffins on (01638) 663228.



Popularity of apartments is on the rise, says local agency



THE market for flats or apartments has over recent years proved challenging, with the gradual increase in the supply of such property not always matched by a growing population of buyers, according to Jackson-Stops & Staff. However with changes in lifestyle, apartments have now become really popular, particularly among singletons and those with busy lives who don't want to be bothered with gardening or outside maintenance.

Among the recent sales achieved by Jackson-Stops & Staff has been at Cecil Lodge in Falmouth Avenue (above, left), a sought-after location within walking distance of the Rowley Mile racecourse and Newmarket town centre. On the market at just under £260,000, the attractive first floor apartment comprises

sitting/dining room, integrated kitchen, master bedroom with en suite shower room, two further bedrooms and a bathroom. Another sale completed has been a superbly presented second floor apartment at Peel House (above centre), an exceptional development of individual apartments within communal landscaped grounds. The property which had a guide price of around £280,000, comprises two double bedrooms (one en suite), spacious sitting room, stylish integrated kitchen, shower/cloakroom and a private balcony with views over Warren Hill Training Grounds.

"We are currently offering for sale, at a guide price of £399,000, a luxury second floor apartment at Meridian Gardens (above, right) a

prestigious development backing onto Warren Hill training grounds," said Ed Russell of Jackson-Stops & Staff.

Arguably in one of the best locations in Newmarket, the sizeable two bedroom apartment has been designed to offer light and spacious accommodation with high ceilings, extensive glazing, gas underfloor heating, Sky HDTV capability and hi-tech security systems.

"This could be an ideal apartment for those who commute to Cambridge or London or would provide an alternative to a hotel for those in the racing fraternity from all over the world who regularly gather at Newmarket," said Russell.

Contact Jackson-Stops & Staff on (01638) 662231 or jackson-stops.co.uk.



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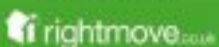
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Mortgage Consultant

www.your-move.co.uk

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Please refer to the website or ask in
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NEW

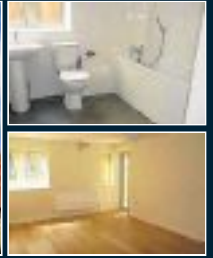
01638 660303



Newmarket £315,000

An extended semi detached bungalow in popular area of town set in charming gardens with a garage/workshop and ample off road parking. The versatile accommodation comprises Entrance hall two large bedrooms, extended Lounge/Diner, Kitchen, Bathroom. Gas central heating and double glazing. EPC D

01638 660303



Newmarket £189,995

BUY TO LET OPPORTUNITY.....A really rather smart ground floor modern two bedroom apartment centrally located with easy access to the town centre. This apartment is currently let at £775 per month and would make an ideal investment opportunity. EPC B

01638 660303



Westley Waterless Guide Price £545,000

A preliminary announcement of a brand new four bedroom detached chalet style home nearing completion within the popular village of Westley Waterless with its beautiful open countryside. The property offers spacious and versatile accommodation and viewing is essential to appreciate the full potential this home has to offer.

01638 660303

FOR SALE



WANTED
Family looking for a 4 bedroom detached family home in NEWMARKET with a garden. Mortgage arranged in principle Up to £450,000. ASK FOR KARIN OR IAIN

NEW

01638 660303



Newmarket £189,995

A superb Edwardian 2 bedroom mid terrace character home in a much sought after location close to the town and all facilities. Accommodation comprises of the following:- Sitting room, Dining room, Modern Kitchen and Bathroom, Two double bedrooms, Gas central heating, Enclosed garden with potential parking. EPC D

01638 660303

TO LET



WANTED
2-3 & 4 BEDROOM HOUSES REQUIRED ON STUDLANDS PARK TO RENT. HIGH DEMAND FROM WAITING TENANTS. MANY PRE-QUALIFIED AND READY TO PROCEED. TEL 01638 660303.

01638 660303

TO LET



Soham £510

Second floor flat EPC Grade F conveniently located for town centre and shops. One generous sized bedroom, Spacious Living/Dining room, Kitchen bathroom, heating, allocated parking space. Available for viewing now

TO LET



Newmarket £975

Semi detached bungalow in popular area of Town set in charming gardens with a garage and car standing/drive way. The versatile accommodation comprises Entrance hall two bedrooms, Spacious Lounge/Diner, Kitchen, bathroom. Gas central heating, double glazing. EPC D



MARKET COMMENT

We have more of an appetite to shop around today than we did, even ten years ago. Whether it be for the purchase of your holiday, car, utilities, insurance or the latest electrical gadget, many of us will refer to a comparison website prior to making our purchase.

Nobody likes to feel that they are paying too much for their current mortgage, but stay as it is perceived to be a 'hassle' to do anything different. Agreed, it is not a five minutes process, but the potential savings that can be made by remortgaging can be in the thousands of pounds over the term of your mortgage and can sometimes result in you being in a position to repay your

mortgage sooner than you may think. By only speaking to your current mortgage provider, you are restricting yourself to a tiny percentage of the deals that are available on the market. Unfortunately, your loyalty to your current provider could be costing you money, so while interest rates are at an attractive low, now may be the time to review your mortgage.

Newmarket**£475,000**

An elegant & graciously proportioned 5 bedroom Edwardian town house situated in a highly regarded location to the south of the town centre & within reach of Tattersalls sales ring & Newmarket Train Station. The stunning accommodation retains considerable original character including fireplaces, windows, Quarry tiled floor to the entrance hall & panel internal doors. No Chain. EPC: E

**Gazeley****£435,000**

With superb views to the rear over open countryside & enjoying a very large garden a considerably improved & re modelled four bedroom detached family house. The principle accommodation consists of an excellent open plan kitchen dining room, sitting room with an open fireplace, family room, utility & small study. EPC: D

**Newmarket****£400,000**

A much improved & extended four bedroom detached chalet style property of character situated on the desirable southern outskirts of Newmarket. Hall, large sitting room, dining room, kitchen/ breakfast room, utility, cloakroom, master bedroom suite with dressing area & shower room, off road parking & garden. EPC: E

**Newmarket****£289,950**

An impressive 3 bedroom detached Victorian house that has recently undergone a comprehensive program of improvements and updating to create a light, spacious family house set in a generous garden.



This family home benefits from an entrance hall, sitting room, cloakroom, refitted kitchen with dining room overlooking the rear garden. A refitted bathroom to the first floor with 3 bedrooms. The property also boasts rewiring, re-plumbing and the installation of a recent central heating boiler. EPC: TBC

**Newmarket****£375,000**

An elegant 18th Century four storey town house of circa 3000sqft retaining a wealth of features & characteristics associated with a property of this era including period fireplaces, stunning period staircase & sash windows. EPC: F



Set in a most wonderful semi rural location about a mile from Newmarket, a 3/4 bedroom charming & enclosed garden, off road parking & planning permission to extend further. EPC: E

Newmarket**£249,950**

An exceptionally spacious & well presented four bedroom family house with an enclosed garden, off road parking & situated in a popular development to the north of the town centre. An excellent family home or investment. EPC:D



A very spacious and versatile 4 bedroom semi detached three storey town house delightfully situated down a picturesque lane and enjoying views to the rear towards the village church. No Chain. EPC: D

Newmarket**£125,000**

A freehold potential building plot attractively situated on the desirable south side of Newmarket. Planning permission has not been applied for but East Cambridgeshire District Council have given it their pre planning approval. This attractive plot would ideally lend itself to a chalet style detached dwelling. Further details available to interested parties. All viewing by prior arrangement with Pocock & Shaw.



Residential Sales, Lettings, Management and Buy to Let Investments

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Newmarket £1,350 pcm*



A most attractive 3/4 bedroom nearly new, three storey mews style house situated in a small exclusive gated development with in easy reach of the town centre.

The house benefits from a stunning large fitted kitchen/dining room with built in appliances, master bedroom with ensuite, family bathroom, enclosed garden and parking. Available Now. Unfurnished.

EPC: B



Newmarket £1,250 pcm*



A stunning luxury 1st floor apartment offering generous accommodation, use of a private gym and set within an elegant, gated development close to the racecourse and Newmarket High street.

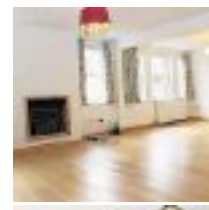
This impressive property comprises of a large sitting room, kitchen with built in appliances, master bedroom with fabulous en suite including a built in television, double 2nd bedroom, shower room, off road parking, communal gardens, use of a private gym. Unfurnished. Available end February. EPC: B



Exning £1,200 pcm*



An impressive and extended late Victorian 3 bedroom house providing spacious accommodation including a large open plan sitting/dining room, generous fitted kitchen/breakfast room, master bedroom with en suite shower room, family bathroom, side and rear gardens. Early Viewing highly recommended. EPC: C. Unfurnished.



With a rich heritage in selling and managing residential property, Pocock & Shaw is a forward thinking company with traditional values.

If you are thinking of Selling or Letting call NOW for a FREE Market Appraisal!

Cambridge T 01223 322552



Newmarket £895 pcm*



A spacious 2 bedroom flat located within a smart development south of Newmarket High Street. Accommodation comprises of kitchen, sitting room, master bedroom with ensuite, bathroom & gated secure parking. EPC: C

Newmarket £900 pcm*



A spacious and very well presented 2 bedroom townhouse with lounge-dining, downstairs cloakroom, fitted kitchen, luxury bathroom with shower cubicle. Off road parking and communal garden area. EPC: C

Bottisham £1,100 pcm*



An attractive double fronted detached house situated in the picturesque village of Bottisham. Sitting room, dining room, kitchen, cloakroom, 2 double bedrooms, parking, garden with gardening service included. Furnished. EPC: F

Newmarket T 01638 668284



Newmarket £895 pcm*



A 1st floor 2 bedroom apartment located on the south side of Newmarket town centre. Sitting room with kitchen area off, bathroom, 2 double bedrooms, master with ensuite, off road parking and electric heating. EPC: D

Soham £1,150 pcm*



Enjoying a wonderful outlook a light and spacious detached 3/4 bedroom house situated in the village of Soham. The property boasts 3 reception rooms, kitchen, 2 bathrooms, large garden and off road parking. Available now. EPC: E

Exning £675 pcm*



A surprisingly large 2 storey 2 bedroom flat presented to a high standard & situated within the popular village of Exning. Entrance hall, sitting room, large kitchen/dining room, bathroom with shower, off road parking. EPC: D

Ely T 01353 668091



BURWELL £900 PCM**TO
LET**

Comprising entrance hall, lounge, dining room, re-fitted kitchen, conservatory, 3 bedrooms (2 doubles, 1 single) and modern shower room. Externally the property provides well stocked garden and driveway with ample parking. No pets are allowed at the property. Available now. EPC (TBC)

NEWMARKET £2,000 PCM**LET**

LET WITHIN A MATTER OF DAYS - SIMILAR PROPERTIES URGENTLY REQUIRED TO SATISFY HIGH DEMAND FOR WAITING APPLICANTS. VERY STRONG RENTAL MARKET WITH HIGH YIELDS BEING ACHIEVED.

NEWMARKET £725 PCM**LET**

LET WITHIN A MATTER OF DAYS - SIMILAR PROPERTIES URGENTLY REQUIRED TO SATISFY HIGH DEMAND FOR WAITING APPLICANTS. VERY STRONG RENTAL MARKET WITH HIGH YIELDS BEING ACHIEVED.

BURWELL £1,100 PCM**TO
LET**

Comprising entrance hall, 2 reception rooms, kitchen, utility, cloakroom, 3 bedrooms and family bathroom with separate shower. Externally providing a long driveway with ample off road parking and gardens to the front and rear. Available mid-February. Pets will be considered. EPC (TBC)

NEWMARKET £1,050 PCM**TO
LET**

Comprising entrance hallway, kitchen with integrated appliances, luxury bathroom with built-in TV and whirlpool bath, light and airy lounge, master bedroom (walk in wardrobe) and further double bedroom. Set within gated development offering off road parking. No pets allowed. EPC Rating (B)

EXNING £675 PCM**LET**

LET WITHIN A MATTER OF DAYS - SIMILAR PROPERTIES URGENTLY REQUIRED TO SATISFY HIGH DEMAND FOR WAITING APPLICANTS. VERY STRONG RENTAL MARKET WITH HIGH YIELDS BEING ACHIEVED.

NEWMARKET £359,000
NEW


Superbly presented two bedroom detached bungalow set within one of Newmarket's finest residential areas offering updated and improved accommodation. With outstanding mature gardens to the front and rear, garage facilities and further off road parking. Viewing recommended. EPC (D)

FORDHAM £475,000


Impressive family home boasting spacious accommodation to include a reception hall, living room, re-fitted kitchen/breakfast room, family room, study, cloakroom and five double bedrooms. With fully enclosed rear garden/ extensive front garden/ double garage plus off road parking. EPC (TBC)

NEWMARKET £350,000


Superbly presented modern and detached bungalow with the possibility to extend. Boasting re-fitted kitchen/dining room, living room, two bedrooms, re-fitted family bathroom, porch/lobby and sitting room/studio facilities (garage conversion). Offering off road parking and pleasant gardens. EPC (D)

NEWMARKET £215,000
NEW


Well presented and cleverly extended semi-detached family home. Accommodation includes kitchen/breakfast room, living/dining room, cloakroom, utility room, two generous bedrooms and family bathroom. With good size and fully enclosed rear garden plus extensive parking. EPC (D)

NEWMARKET £200,000
NEW


Attractive flint fronted period cottage set within striking distance of the town centre. Accommodation boasts an entrance hall, living room, dining room, kitchen, bathroom and three bedrooms. Double glazing throughout. With a courtyard style and fully enclosed garden. EPC (D)

FORDHAM £379,995


Fully renovated detached period property offering an abundance of character features. Comprising entrance hall/study area, cloakroom, utility, re-fitted kitchen/breakfast room, living room/dining room, four bedrooms, 2 en-suites and family bathroom. Ample off road parking. No chain. EPC (C)

william h brown



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NEWMARKET **£465,000**

Four Bedrooms
Two Reception Rooms
Large Kitchen / Breakfast Room
Conservatory



EXNING **£200,000 OIEO**

Mid terrace house
3 bedrooms
Sought after village location
Driveway



SOHAM **FOR SALE OIEO £300,000**

A chance to acquire a brand new detached property constructed by local builders in the sought after town of Soham. Both of the properties come with air source pump underfloor heating with the buyer able to choose kitchen units, bathroom, flooring, carpets and doors. VIEWING OF THE SITE ADVISED!



SAWSTON FOR SALE OIEO £350,000

Four Bedroom Semi-Detached Property
One Bedroom Downstairs.
Downstairs En-Suite
Ample Parking



MOULTON **£340,000**

• An established and spacious four bedroom detached bungalow within a pleasant cul-de-sac location in the sought after location of Moulton. The property has the added benefit of garage, driveway providing ample parking, enclosed rear garden and oil central heating.



NEWMARKET OIRO £170,000

• Ground Floor Apartment
• Aimed at over 55's
• Two Bedrooms
• Parking Area



NEWMARKET **£190,000**

• End Terrace House
• Two Bedrooms
• Parking
• Immaculately Presented



ASHBOURNE COURT **£190,000**

• Detached Bungalow
• Three Bedrooms
• Sought After Village Location
• Garage & Ample Parking



MALT CLOSE **£198,000**

• Mid Terrace House
• Two Bedrooms
• Sought After Location
• Garage & Driveway Conservatory



ST JOHNS AVENUE **£310,000**

• Semi Detached House
• Three Bedrooms
• Garage
• Driveway



SOHAM **£499,950**

• Detached Family Residence
• Four Spacious Bedrooms
• Double Garage
• Large Plot



NEWMARKET **£205,000**

• Semi-Detached House
• Two Bedrooms
• Two Reception Rooms
• Immaculately Presented



CHURCH LANE **£299,950**

• Detached Bungalow
• Garage and ample parking
• Non-Estate Location
• Large Plot



HAVERHILL **165,000**

• End Terrace House
• 3 bedrooms
• Popular location
• Gas central heating



ROSEHIP AVENUE **£179,950**

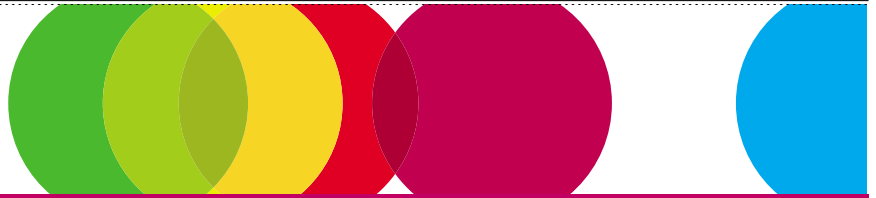
• Semi-detached house,
• Two bedrooms
• Garage and driveway
• Enclosed rear garden



HAVERHILL **£289,950**

• Detached Family House
• Four Bedrooms
• Garage and Driveway
• Conservatory

william h brown



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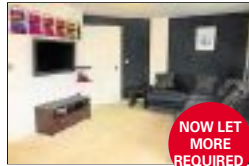


OLD FORGE EXNING **£1695PCM**

1880's Barn Conversion
3 Bedrooms
3 Parking
2 Bathrooms



THE ORCHARD, ASI
• Popular Village Location
• Two Bed Bungalow
• Garage
• Large Garden



ROSEHIP AVENUE, RED
• 2 Double Bedrooms
• En Suite To Master
• Large Lounge / Diner
• Part Furnished



SOVEREIGN COURT, I
• 3 Bedrooms
• Large Modern Kitchen
• Spacious Lounge
• Close To Town Centre



HAREBELL ROAD, RED
• Three Bedrooms
• Spacious Lounge
• Downstairs WC
• Modern Kitchen



GATE LODGE, WRATTING **£2000 PCM**

Spacious Family Home
4 Large Double Bedrooms
Sauna
1/3 Acre Grounds

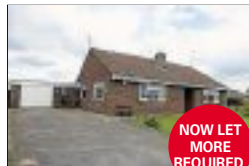


ROSEHIP RED LODGE

Three Bedrooms
Ensuite To Master
Garage & Driveway
Conservatory



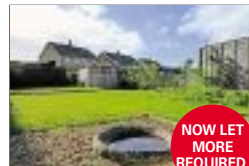
DAMSON CLOSE, RED I
• 3 Bedrooms
• Modern Kitchen / Diner
• Garage
• Driveway Parking



HASSE ROAD, SOH
• Fully Detached Bungalow
• Recently Renovated
• Beautiful Rural Location
• Garage / Driveway



PARK LANE, NEWMAL
• 4 Bedrooms
• Character Property
• Courtyard Garden
• Recently Renovated



THE CAUSEWAY, ISLI
• Charming Village Location
• Three Bed Family Home
• Driveway Parking
• Huge Garden



GEORGE LAMBTON

1 Bed Flat
Popular Location
Garden
Modern Interior

We are really impressed with the service provided by William H Brown. From when Ben initially came out to see us through to completion. Ben and Steve have been the ideal agents to secure a long term tenant for our property within all times and they found great tenants for our property within 10 days of it being on the market.
Mr K, Suffolk, October 2015

Ben, thank you so much for all of your efforts during the transaction. Your help in getting us this house is very much appreciated. Enjoy your "pressie" you deserve it!
Thank you again Gianluca and Antonella:
Mrs C, Cambridgeshire, September 2015

Our first contact with William H Brown was 'low tech' we received a compliment slip through the door explaining they were looking for rental properties in the area. That is where the low tech approach finished. After the first meeting to discuss our requirement they took a very proactive approach to finding us a tenant for our property. They were supportive throughout.
Mr L, Suffolk, October 2015

We received updates on viewing's and progress towards the signing of a contract. This gave us confidence our business was being dealt with in a professional and efficient manner. Our contact, Ben Fidler, is personable and patient, answering all our queries comprehensively. Old fashioned service at its best.
Mr L, Suffolk, October 2015

We were very anxious to engage with a lettings negotiator who could act in our best interests and at the same time make sure that the selected tenant was fully informed and properly safeguarded. Ben Fidler of WH Brown was the negotiator we chose because he exuded professionalism and confidence, acted quickly and decisively and above all kept us fully informed throughout the process. He is a man at the top of his game and we thoroughly recommend him and WH Brown.
Mr J, Suffolk, September 2015

13 High Street | Newmarket | CB8 8LX
newmarket@wlea.co.uk

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WHATLEY LANE

TRADITIONAL VALUES

MODERN APPROACH

www.wlea.co.uk



SAXON STREET

GUIDE PRICE £400,000

An attractive flint faced cottage located in a popular village. Accommodation includes four bedrooms, family bathroom, sitting room, dining room, family room and kitchen. Externally the property benefits from a detached garage, two driveways providing ample off-road parking and a rear garden. EPC E.



ISLEHAM

GUIDE PRICE £410,000

Detached family home comprising five bedrooms, kitchen/breakfast room, utility room, living room, dining room, family bathroom and en-suite to master bedroom. External benefits include enclosed front and rear gardens, off road parking and double garage. EPC D.



NEWMARKET

LET AGREED
 SIMILAR PROPERTIES
 REQUIRED TO MEET
 DEMAND

£1,100 PCM



LET AGREED
 SIMILAR PROPERTIES
 REQUIRED TO MEET
 DEMAND

£900 PCM



CHEVELEY

GUIDE PRICE £230,000

SOLD stc

A beautifully adapted cottage located in Cheveley Park. The property boasts an attractive reception arrangement with a contemporary, open-plan, Living/Kitchen/Dining Room. EPC TBC.

**FOR PROFESSIONAL ADVICE REGARDING THE MARKETING OF YOUR
 PROPERTY PLEASE CALL US NOW ON 01638 561187**

*Administration fees may apply on all rental properties, contact our office for further details



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TRADITIONAL VALUES

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NEWMARKET

GUIDE PRICE £325,000

A vastly improved and modernised property located in a quiet cul-de-sac on the desirable South side of Newmarket. The property offers versatile accommodation including three bedrooms, a modern family bathroom, living room, spacious kitchen / dining room and an additional reception / garden room. Externally the property offers off-road parking for multiple vehicles and a detached garage. A further benefit is the generous enclosed rear garden with multiple patio areas and a secluded wood-chip play area. EPC D.



MOULTON

GUIDE PRICE £350,000

A well presented detached bungalow located in Moulton. The property offers three bedrooms, shower room, kitchen/dining room, living room and conservatory. External benefits include a detached single garage, off-road parking and an attractive enclosed rear garden. EPC TBC.



KENTFORD

GUIDE PRICE £495,000

Attractive Grade II listed cottage situated between Newmarket and Bury St Edmunds. Accommodation includes four bedrooms, two bathrooms, two reception rooms, kitchen/dining room and utility. Further benefits include a spacious rear garden, ample parking and a detached garage with annexe.

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*Administration fees may apply on all rental properties, contact our office for further details

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UNRIVALLED COVERAGE AROUND NEWMARKET

**NEW****Moulton****£250,000**

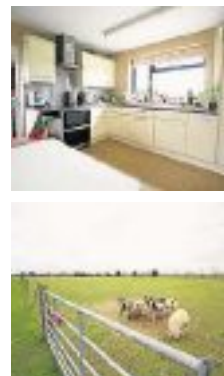
An attractive flint and brick 2 bedroom period property situated on a no-through lane in the heart of the village. The property features a sitting room with Inglenook fireplace, 2 first floor bedrooms and a ground floor bathroom. Benefits include oil-fired central heating, established gardens, off-road parking and tremendous potential. EPC: D.

**NEW****Stetchworth****£375,000**

An individual 3 bedroom detached bungalow with an enclosed rear garden and double garage. The impressive accommodation includes a large sitting/dining room 19' 9" x 12' 9" (6.04m x 3.9m), a modern fitted kitchen, master bedroom with ensuite shower room, sealed unit double glazing and under floor heating throughout. EPC pending. NO CHAIN.

**NEW****Newmarket****£205,000**

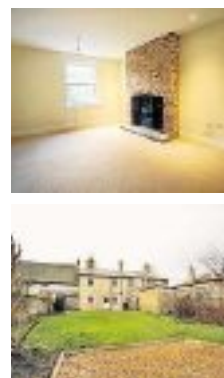
A newly redecorated 2 bedroom townhouse standing in sought after Stamford Street, south of the town. The impressive accommodation includes 2 reception rooms, a modern fitted kitchen, 2 double bedrooms, newly fitted carpets and a first floor bathroom. An excellent first purchase or buy to let opportunity. EPC: D.

**NEW EQUESTRIAN****West Row****£425,000**

A detached 3 bedroom bungalow standing in a semi-rural location with outbuildings including stables and a barn, a Charles Britton arena and 4 acres of post and rail paddocks (STS). The property offers outstanding potential and an exciting opportunity as a small holding or equestrian facility. Viewing is highly recommended. EPC: E.

**NEW PRICE****Isleham****£320,000**

An individual 4 bedroom detached bungalow standing in an idyllic location with far-reaching views over open countryside. The accommodation includes 2 reception rooms, a modern fitted kitchen with built in appliances and master bedroom with ensuite shower room. To appreciate the setting and accommodation of this superb bungalow, viewing is essential. EPC: C.

**Cheveley****£360,000**

A recently renovated 3 bedroom Victorian property situated in a highly regarded village location. The property is superbly presented throughout and benefits from under floor heating on the ground floor, a quality fitted kitchen and a sitting room with wood burning stove. Features include: a well-equipped 1st floor bathroom/shower room, a separate dining room, a large garden and off-road parking. EPC: D.

CAMBRIDGE ELY HAVERHILL NEWMARKET SAFFRON WALDEN LONDON

Cheffins

NEW



Burwell

£625,000

A 5 bedroom detached property standing in a non-estate location and with established gardens backing onto farmland. The property benefits from a large 2 storey extension to the rear and includes a modern fitted kitchen/breakfast room, 4 reception rooms and a large master bedroom with ensuite shower room. EPC: D.

NEW



Ashley

£437,500

A 4 bedroom detached house situated in a non-estate village location backing onto farmland. The property benefits from a sitting room with a parquet wood block flooring and a wood burning stove, a well-equipped fitted kitchen and dining area and a ground floor cloakroom. Further benefits include a 1st floor bathroom, an integral garage and an exceptional and established large rear garden. EPC: D.

NEW



Moulton

£460,000

An exclusive development of just 4 beautifully designed and immaculately finished traditionally styled homes by well-respected local developers Logan Homes. The Forge is situated in the heart of this picturesque, unspoilt conservation village. Final plot available.

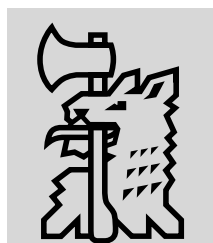
NEW



Herringswell

Offers In Excess Of £395,000

A stunning 3 bedroom second floor apartment forming part of the substantial Herringswell Manor. Standing in around 8 acres of wooded parkland, the apartment offers a modern fitted kitchen, study, 3 bedrooms and open plan living accommodation. The property also benefits from exposed timbers and a charming roof garden. EPC: D.



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& Staff**



NEWMARKET

A spacious detached property with an established garden in a sought after town location. Covered Entrance Porch • Reception Hall • Sitting Room • Dining Room • Kitchen/Breakfast Room • Utility Room • Office/Bedroom 4 • Two Ground Floor Bedrooms with En-Suite Shower Rooms • First Floor Master Bedroom and Family Bathroom • Driveway with Parking • Integral Single Garage • Established Garden. EPC Rating 'E'.

Guide Price £525,000

FF64363



BURWELL

A substantial and well presented Grade II Listed farmhouse with an enclosed south facing garden in a sought after and well served village.

Entrance Hall • Sitting Room • Dining Room • Garden Room/Office • Kitchen/Breakfast Room • Utility Room, Cloakroom • Landing • Master Bedroom with En-Suite Bathroom • Guest Bedroom with Shower • Three Further Bedrooms • Two Bathrooms • Second Floor Landing/Study • Driveway and Parking • Integral Double Garage and Enclosed Garden.

Guide Price £695,000

FF62824



MOULTON

A charming and spacious Grade II Listed family house in a much favoured village overlooking the village green.

Sitting Room • Dining Room • Family Room • Kitchen • Breakfast Room/Bedroom 4 • Utility Room • Bathroom/Cloakroom • Cellar • Landing • Three Bedrooms • Dressing Room • Two Bathrooms • Driveway and Parking • Large Detached Garage • Enclosed Garden.

Guide Price £575,000

FF63895



CHEVELEY

A deceptively spacious detached property set in this popular village with an established garden and views over paddocks.

Covered Entrance Porch • Reception Hall • Sitting Room/Dining Room • Family Room • Garden Room • Study • Bedroom 4 • Kitchen/Breakfast Room • Utility Room • Shower/Cloakroom • Landing • Three Bedrooms • Family Bathroom • In and Out Driveway with Ample Parking • Double Garage • Established Garden. EPC Rating 'E'.

Guide Price £525,000

FF64362

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& Staff**



WESTON COLVILLE

A beautifully presented barn conversion with an attractive courtyard garden, car port and parking.
Entrance Hall • Sitting Room/Dining Room • Kitchen • Cloakroom • Landing • Two Bedrooms • Bedroom 3/Study • Bathroom • Single Car Port • Parking • Enclosed Courtyard Garden.

Guide Price £315,000

FF64361



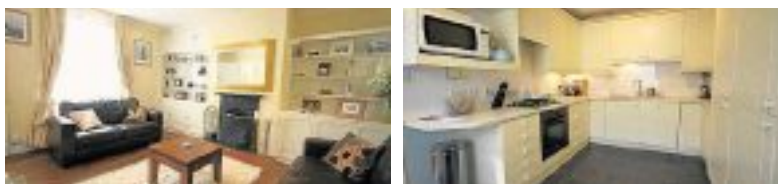
EXNING

A well presented detached family house situated in a sought after residential location with an attractive enclosed garden and garage.

• Entrance Porch • Entrance Hall • Sitting Room • Dining Room • Conservatory • Kitchen • Utility Room • Cloakroom • Landing • Bedroom 1 with En-Suite Shower Room • Two Further Bedrooms and Family Bathroom • Driveway and Parking • Garage • Enclosed Rear Garden. EPC Rating E.

Guide Price £435,000

FF62003



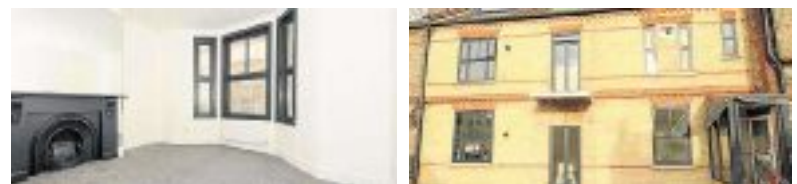
NEWMARKET

A charming period town house in a convenient central town location within walking distance of the High Street.

Entrance Hall • Sitting Room • Dining Room • Kitchen/Breakfast Room • Basement Study • Landing • Bedroom 1 with En-Suite Shower Room • Bedroom 2 and Bathroom • Courtyard Garden • EPC Rating 'F'.

Guide Price £250,000

FF37131



NEWMARKET

A stylish townhouse conversion to five one bedroom flats and one two bedroom penthouse flat in a sought after central town location.

Secure Gated Development • Striking Distance of Amenities • High Level of Specification • Integrated Magnet Kitchens • Walk-in Shower Rooms • Period Features • High Ceilings • Double Glazing • Engineered Oak Floors.

Prices From £190,000

FF64529

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& Staff**



NEWMARKET

A beautifully presented second floor apartment situated in this highly regarded development backing onto Warren Hill Training Grounds with a balcony enjoying views over the communal gardens.
Communal Entrance Hall • Entrance Hall • Sitting/Dining Room • Kitchen • Master Bedroom with En-Suite Shower Room • Bedroom 2 • Bathroom/Cloakroom • Allocated and Visitors Parking • Communal Gardens and Private Balcony. EPC Rating 'B'.

Guide Price £399,000

FF63800



**0.87 ACRES
IN ALL (STs)**



OUSDEN

A deceptively spacious family house offering flexible accommodation in a sought after village location with grounds extending to approximately 0.87 acres (sts).
Entrance Hall • Reception Hall • Sitting Room • Family Room • Study • Kitchen/Dining Room • Utility Room • Two Ground Floor Bedrooms • Bathroom • Landing • Two First Floor Bedrooms • Bathroom • Driveway and Parking • Detached Single Garage • Large Garden • EPC Rating 'C'.

Guide Price £595,000

FF63624



KIRTLING

An exceptional building plot extending to 0.25 acres (sts) with full planning permission for a detached three bedroom house adjoining open countryside.
Village setting with open countryside views. Full planning permission for a 3 bedroom family house with projected gross internal area of approximately 193 sq m / 2,078 sq ft. In all 0.25 acres (0.1 hectare).

Guide Price £195,000

FF64530



HERRINGSWELL

A charming and well proportioned Grade II Listed period cottage with an enclosed garden.
Covered Entrance Porch • Entrance Hall • Sitting Room • Dining Room • Kitchen/Breakfast Room • Cloakroom. Landing • Master Bedroom with En-Suite Shower Room • Two Further Bedrooms and Bathroom • Allocated Parking • Enclosed Garden • Communal Grounds.

Guide Price £395,000

FF64269



NEWMARKET

A superbly presented first floor apartment situated in this highly regarded development with communal gym facilities.
Communal Entrance Hall • Entrance Hall • Sitting/Dining Room • Kitchen. Master Bedroom with En-Suite Bathroom • Bedroom 2 • Shower Room/Cloakroom. Allocated and Visitors Parking • Communal Gardens • Gym and Sauna. EPC 'B'.

Guide Price £275,000

FF64270



NEWMARKET

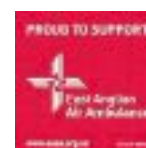
A superb residence overlooking Newmarket's world famous July Racecourse situated approximately a mile from the centre of town.
Hall • Drawing Room • Study • Kitchen/Living Room • Games Room • TV Room • Gym • Utility Room • Boot Room • Shower Room • Two Cloakrooms. Landing • Master Bedroom with En-Suite Bathroom • Five Further Bedrooms and Four Bath/Shower Rooms. Driveway and Parking • Two Double Garages • Heated Swimming Pool • Hard Tennis Court • Garden Machinery Store • Summer House and Large Gardens. EPC Rating 'D'.

Guide Price £1,400,000

FF57041

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**People
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Audi A4 is top leasing car, Fiat 500 top city car

APPRECIABLY more accomplished, significantly more intelligent and now multi-award winning – the widely lauded Audi A4 has added the top Car of the Year accolade in the Contract Hire and Leasing Awards for 2015 to its already impressive cache of honours.

The all-new compact executive star also secured the Compact Executive Car category award as part of the annual review of star cars conducted by respected UK car finance site ContractHireandLeasing.com.

Citing its 'sharp looks, improved driving dynamics, greater efficiency', and in particular applauding the 'stunning' Virtual Cockpit, the judges added: "The A4 has what it takes to edge ahead of its incredibly talented rivals. In this competitive segment, praise doesn't come any higher."

"The A4's success was ensured by its strong residuals and appealing lease deals."

The new A4 continues a legacy that can be traced back



CONTRACT HIRE AND LEASING WINNER: The Audi A4 came out top in the lease poll

as far as the Audi 80, which laid the groundwork for the brand's reputation for exceptional quality and solidity, as well as its rise to prominence in the UK premium segment.

Since then, consistent technological breakthroughs and advances in refinement have

characterised the Audi best-seller. This all-new model is the greatest example of Vorsprung durch Technik yet, underscored by a vast array of driver assistance and safety systems, intelligent construction methods and infotainment options that are benchmark in the class.

Katie Purcell, Audi UK Product

Manager for A4, commented: "To put it simply, everything about the A4 is new except the name, so it is enormously gratifying to see the exceptional effort a ground-up redesign like this entails being acknowledged by important awards like these. The fact that our wins are also based on the strength of the A4's accessibility from a financial perspective makes them all the more valued."

Available to order now with a combination of TFSI and TDI engines that break new ground in terms of sophistication, performance and running costs, the latest A4 saloon can also be specified with a raft of innovative options, from Matrix LED headlights to Audi traffic jam assist and a Bang & Olufsen 3D sound system, making this the most technologically advanced Audi saloon to date. Prices start from £25,900 for the 150PS 1.4 TFSI six-speed manual, rising to £40,350 for the 272PS V6 TDI Avant with quattro and eight-speed tiptronic transmission.



FIAT 500: Top in city car

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Ten amazing UK campsites

THINK camping in Britain is not for you? Here's why you're wrong: we've gathered 10 amazing campsites which will make you long for the great outdoors.

1. Aberafon, Gyrn Goch, Caernarfon

Ideal for: Extreme sports
Beautiful campsite on the coast of north west Wales, designed for extreme sports lovers. Canoeing, hiking through Snowdonia and wakeboarding all must-dos.

2. Dan-yr-Ogof Caravan and Camping Park, Swansea

Ideal for: Children
Located in Swansea, best described as esoteric as it is attached to a dinosaur park with life-size replicas of over 100 dinosaurs.

3. Park Foot Caravan & Camping Park, Cumbria

Ideal for: Site with a view
Park Foot is set in the heart of the Lake District, on Lake Ullswater in Cumbria. Offers traditional camping and

caravanning, plus options like lodges/holiday cottages.

4. Troytown Campsite, St Agnes, Isles of Scilly

Ideal for: Relaxing
St Agnes has some of the country's best beaches. It's only campsite, Troytown, is a 15-minute walk from the Quay and is perfect for relaxing or taking time out.

5. Veryan Campsite, Cornwall

Ideal for: Comfort seekers
Fancy sleeping under the stars in Cornwall? Family-friendly Veryan glamping site is set in a beautiful and intimate location: facilities include fishing lake and games room.

6. Trehenlliw Farm, Pembrokeshire

Ideal for: Surfing
Large flat campsite sits within 115 acres of farmland used for sheep and breeding cattle. There's no streetlights so night sky is unpolluted: learn to surf on beautiful sandy beaches.

7. Kinlochewe, Achnashenee

Ideal for: Walking adventures

An oasis of calm surrounded by lochs, woodland and mountains perfect for a day's hiking through the countryside.

8. Swiss Farm Touring & Camping, Henley-on-Thames

Ideal for: Luxury camping and caravanning
Beautifully designed site at the foot of the Chiltern Hills, a few minutes' walk from picturesque Henley-on-Thames. Perfect for guests wishing to visit London, Oxford or Windsor.

9. Turner Hall Farm, Cumbria

Ideal for: Nature lovers
A great site for walkers, mountain bikers, climbers and nature lovers alike.

10. The Warren, Folkestone, Kent

Ideal for: Bird watchers
Positioned on the cliff edge with stunning views of the iconic chalky white cliffs of Dover – a great location for avid bird-watchers and nature lovers. Find out more at caravancampingmotorhomeshow.co.uk.



IDYLIC LOCATIONS: Aberafon on Llyn peninsula, left, and Troytown, at the Isles of Scilly

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2008 (08)	Ford Fiesta 1.4 Diesel Zetec Aw Ac	£3,995
2009 (59)	Ford Fiesta 1.25 Style 5Dr Ac Low Miles	£5,495
2008 (58)	Ford Focus 1.6 Zetec 5Dr	£5,595
2009 (09)	Ford Fiesta 1.4 Zetec 5Dr Park assist Bluetooth	£5,795
2011 (60)	Ford Focus 1.6 Titanium 5Dr Hi Spec	£5,995
2012 (12)	Ford Fusion 1.4 Zetec	£6,495
2009 (09)	Ford Fiesta 1.4 Titanium 5Dr	£6,495
2011 (61)	Ford Fiesta 1.25 Zetec 5Dr	£6,695
2012 (12)	Ford Fiesta 1.4 Zetec 5Dr Park assist	£6,995
2011 (61)	Ford Fiesta 1.6 Diesel Zetec 5Dr	£7,450
2011 (61)	Ford C-Max 1.6 Diesel Zetec	£7,495
2014 (14)	Ford Fiesta 1.0 EcoBoost 100ps Zetec 3Dr	£8,995
2012 (62)	Ford Focus 1.0 EcoBoost Zetec Estate	£9,950
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2011 (11)	Nissan Qashqai 1.6 117ps Acenta	£9,695
2013 (13)	Nissan Juke 1.6 Acenta 5Dr	£8,995
2012 (62)	Peugeot 107 Active 5Dr Ac Choice	£4,995
2003 (53)	Renault Clio 1.4 Privilege Auto 5Dr	£2,495
2012 (62)	Renault Clio 1.5 Diesel Dynamique 5Dr	£5,995
2012 (62)	Renault Scenic 1.5 Diesel Dynamique Tom Tom	£9,750
2010 (10)	Seat Ibiza 1.4 Sport 3Dr	£5,995
2011 (11)	Seat Ibiza 1.4 Copa 5Dr	£6,350
2013 (13)	Skoda Citigo 1.0 S 5Dr	£5,995
2012 (62)	Skoda Fabia 1.2 Diesel Greenline Est	£7,495

2011 (11)	Skoda Octavia 2.0 Diesel Elegance 5Dr	£8,500
2011 (61)	Skoda Octavia 2.0 Diesel SE Estate	£9,950
2007 (07)	Toyota Yaris 1.3 Vvti Spirit 5Dr	£4,995
2012 (12)	Toyota Yaris 1.3 Vvti TR 5Dr Reverse Camara	£6,995
2013 (13)	Toyota Yaris 1.3 Vvti TR 3Dr	£7,250
2007 (07)	Vauxhall Corsa 1.7 Diesel Design 5Dr	£3,695
2010 (59)	Vauxhall Corsa 1.2 Energy 5Dr	£4,450
2011 (11)	Vauxhall Corsa 1.4 Sxi 3Dr Ac Rear parking	£5,750
2010 (10)	Vauxhall Zafira 1.6 Exclusive	£5,995
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St Faith's
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Interview date: 18th February 2016



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SWIMMING



GOOD DISPLAYS: Newmarket & District Swimming Club members at the competition in Norwich

Long-course delight for impressive swimmers

NEWMARKET swimmers earned five medals at the Long Distance County 800m and 1,500m events.

At the competition in Norwich, the entry times for the event are done over the short course but the events are swum over the long course so trying to equal or better personal bests is hard.

Newmarket & District Swimming Club had six competitors in action,

and Etholle Marks qualified in 11min 11.10sec and then finished the event in 11.01.25, which converted to 10.52.40.

Tess Wessley went through in 11.02.52, and she had a good swim to finish in 10.43.96, which when converted to 10.34.90 gave her a

first regional time.

Lauren Watt went into the competition in 9.53.55, and finished in 9.59.65, and a converted 9.48.90.

All three of the Newmarket girls won medals.

In the boys' event, Henry Newell qualified in 19.56.70 and

improved his time by 48 seconds to record 19.08.61, which converted to 18.50.50, and secured him another regional qualifying time.

Thomas Alison secured his spot in 19.07.32, and his finish of 19.21.68 converted to 19.03.80.

Nezz Laghero used the event as a training session and went in on 18.03.21, and finished in 18.34.18, which converted to 18.15.50.

ONLINE: For more sports news go to cambridge-news.co.uk/sport

RACING

Pendleton denied maiden point-to-point winner in photo finish

VICTORIA Pendleton was narrowly denied a first winner as an amateur jockey after her mount Pacha Du Polder was beaten in a photo-finish at Milborne St Andrew point-to-point.

The former Olympic cycling champion completed her first point-to-point earlier this month.

It was subsequently revealed the Andy Stewart-owned Pacha Du Polder would be made available as a potential mount in the Foxhunter

Chase at the Cheltenham Festival.

Runner-up in the Crabbie's Fox Hunters' Chase at Aintree last year when trained by Paul Nicholls, the nine-year-old is now in the care of Chloe Roddick in Somerset and is already qualified for the amateur riders' Gold Cup at Prestbury Park in March.

Running in the Ladies' Open with Pendleton on board for the first time, Pacha Du Polder ran a

fine race in defeat, going down by just a head.

Mildenhall Cycling Club life member Pendleton has been mentored since the start of her journey to become a jockey by trainers Alan and Lawney Hill and the latter was on hand for her latest ride.

"Paul told Victoria to drop the horse out as he can be quite keen in his races. He also told her to keep him wide and she did exactly

as she was asked," said Hill.

"She took up the running with a circuit to go and the horse rather pulled himself to the front, as we thought he might.

"She was a length down at the last and it looked like it might be a struggle, but she pushed him all the way to the line and in the end they've been beaten a head.

"Bryony Frost rode the winner and Bryony is a very experienced

and very good lady rider.

"It was the horse's first run in a long time, Paul said he would improve for the run and Chloe Roddick has done a great job with him.

"Speaking to Paul, he said the horse could run in another Ladies Open or in a hunter chase in around a fortnight's time.

"It's a very pleasing day and Victoria did a great job."

RUGBY UNION

No joy for Newmarket at Swaffham

NEWMARKET left Swaffham empty handed after losing 22-0 in Greene King IPA Eastern Counties Division One.

They were confident of closing the gap on Swaffham, who were two places above them in the table, and there was a sense of belief in the squad, but handling mistakes and poor calls led to a scrappy game.

Newmarket had the majority of possession in the first half, but two breakaway tries led to Swaffham taking a 12-point lead.

And the catalogue of mistakes from both sides continued after the break, although Swaffham were able to add a penalty and converted try to complete their win.

GIRLS' FOOTBALL

Four-some Elsey fires big victory

KAITLIN Elsey blasted four goals for Newmarket Town as they came from a goal down to beat Swavesey 5-1.

Hosts Swavesey started the match the brighter and took the lead midway through the first half.

However, the first round of substitutions saw Newmarket start to take control, with Evie Jakes and Elsey having efforts saved by Swavesey's goalkeeper.

The visitors eventually got back on level terms when the third of a succession of corners from Leah Harper was headed home by Elsey.

Another Elsey header was cleared off the line, but she got her second of the match soon after from close range.

And her hat-trick was completed with a finish from yet another corner from Harper.

Elsey and Newmarket's fourth saw her cut in from the right and fire a low shot across the keeper into the far corner.

The win was wrapped up when Ellie Desborough let fly from the edge of the area.

NEWMARKET SPORT

cambridge-news.co.uk/sport



ON TARGET: Matt Green got Mildenhall's first goal in the win over Kirkley & Pakefield

'Professional' show after the break seals Mildenhall victory

DEAN Greygoose was pleased to see Mildenhall take victory despite feeling they were not at their best against Kirkley & Pakefield in the Thurlow Nunn League, Premier Division.

Matt Green put the hosts in front in the first half, finishing from Joe Asensi's free kick.

Luke Butcher and Rob Ruddy then made certain of the three points for the hosts after the break, with both heading home from corners in the 3-0 win.

The result makes it six wins in

Football

their last seven games for Mildenhall, and manager Greygoose was satisfied with the outcome.

"I know I've complained about us not taking our chances at times this season, but I looked at it the other day and we're one of the top scoring teams in the league," said Greygoose.

"The second half was a really professional performance from us. We spoke about trying to do the basics as well as we can and we did that.

"We could have scored another five or six goals with the chances we created, but it's all about making sure we get the result and we did."

Kevin Grainger was also a happy man after **Newmarket** beat Hadleigh United 2-1 at home, but the victory came at a cost.

James Cahill joined the Jockeys' ever-growing list of injuries after suffering a broken foot, leaving him sidelined for several weeks.

The goals came from dual-registered Giovany Lopes, finishing from Deakan Napier's cross, and

Jamie Thurlbourne with a 25-yard free kick.

"It's been a tough few weeks with players leaving, and then the injuries and suspensions," said Newmarket boss Grainger.

"But the boys still here have stuck at it and they're getting their rewards."

Adam Cumming headed **Fordham** ahead at Wisbech St Mary reserves in NMC League 1B, but an equaliser which was controversially deemed to have crossed the line led to them going down 2-1.

Hockey

Newmarket earn a huge three points

DREW Wood and Lee Blades both bagged braces as Newmarket II thrashed 10-man Ipswich III 8-0 in a crucial East Men's League, Division 4NE relegation clash.

The visitors, who had won the reverse fixture 5-2, were a man short from the start and so at an immediate disadvantage.

But Newmarket showed no mercy, with Jonny Bunker, James Atkinson, Alex Andreou and Mark Pears also on target in the much-needed victory, with the team also keeping their first clean sheet of the season.

There was disappointment for **Newmarket** at Ipswich-East Suffolk II in 3NE as they suffered a 4-2 defeat.

But there were some positives to take from the contest as they trailed 4-0 at one stage and fought their way back into the match thanks to strikes from Chris Leggett and Mike Skelton.

Lydia Evans' effort proved to be no more than a consolation for **Newmarket** in their 5-1 reverse against St Ives in East Women's League, Division 2NW.

It was also a difficult day for **Newmarket II** as they were on the wrong end of a 14-0 scoreline at home to St Ives II in 3NW.

The team defended bravely and managed a couple of breaks, but the experienced league leaders had too much for them.

Newmarket III showed how much progress they have made in a 3-0 loss to St Ives III in 4NW(S), having been beaten 6-0 in the reverse fixture.

Athletics

Wilkinson sets national record

CALLUM Wilkinson has added another national record to his collection.

The 18-year-old Moulton-based race-walker interrupted his winter training schedule to compete in the ELAN Indoor Meeting in Bratislava.

He was selected for the 5km walk with Tom Bosworth, and they both set personal bests and national records.

Bosworth won the event in 18min 54.89sec and Wilkinson, the youngest walker in the line-up, was sixth in 19.39.69, a British under-20s record.

Newmarket News



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